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WaspReporter



**STAGGERING
HYPOCRISY
IN CIGARETTE
INDUSTRY**

Being Meghan Markle



ADDICTION ON THE RISE?

MARRYING FOR MONEY

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Editorial

Hello everyone,

Welcome to the second issue of *WaspReporter* Magazine, Volume 18. Now that the school year is in full swing, we've prepared for you a magazine chock-full of interesting articles that are not only enjoyable to read but will also really help you improve your English language skills.

One of the topics we cover is love and marriage. In 'Teen bride' (pp. 3–5), Yasmine tells us the harrowing story of being married off at the age of 15. And in 'Happily ever after' (pp. 12–13), we examine the new trend of so-called transactional marriages. More and more millennials are giving up the idea of marrying for love and are choosing to tie the knot for financial reasons. Would you consider forgoing a romantic marriage if that meant gaining an Instagram-worthy lifestyle?

Another topic we explore is addiction. On pages 16–17, the article 'Is addiction on the rise?' shows us that things may not be as bad as they appear, even though with video games, TV series, and social media many of us seemed to be hooked on something. In 'A future without cigarettes' (pp. 20–21), CEO of Philip Morris International, André Calantzopoulos, tries to convince his readership that his firm is working to create a smoke-free future. Is he speaking the truth or does he have an ulterior motive?

That's not all, however. We also have articles on crime, homelessness, space exploration, conspiracy theories, digital reading, and – last but not least – Meghan Markle, the Duchess of Sussex. Enjoy!

Johan Graus
Editor



For this issue, Sheila has interviewed Jill from Wales. She tries to explain what it's like for her to live in London and what she misses about Wales.

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Scan the QR codes to access the audio files.





Yasmine was 15 when her mum took her on 'vacation' to Palestine. Four weeks later, she was married to a man 10 years older than she was, whom she had only known for two weeks

TEEN BRIDE

1 I was born in Chicago, like my sisters, but our parents are Palestinian. I was four months old when our father died. After that, 5 the four of us moved into the basement apartment of my mum's mother's house, where my sisters and I shared a room.

We were raised Muslim, and 10 while my mum didn't make us wear hijabs – headscarves – to school, we did wear them to mosque. Every other day, we wore long-sleeve shirts and pants or knee-length 15 skirts.

I don't have too many memories of my sisters, but I do remember how much my oldest sister loved Usher. She was 13 and she'd sing 20 along to his music on the radio in our room. She bought a poster of

him, shirtless, and pinned it to the wall next to our bed.

He didn't last long. My 25 grandmother saw the poster one day and ripped it off the wall. She was screaming at my sister, and my sister yelled right back – she was feisty! But it didn't matter; Usher 30 was gone. And a year later, so were my sisters.

EMPTY PROMISES

When I was 6 years old, my mum said they were 'going on a trip' 35 to Palestine. I remember large suitcases and both of my sisters weeping as we said goodbye. I cried too, but I was more mad at them for leaving me. Still, I assumed 40 they were coming back. So when my mother told me that they

wanted to stay in Palestine, I got really upset. I missed them so much.

Years later, when I graduated 45 8th grade, I started pestering my mum about enrolling me in high school. Every time I asked if she'd done it, she'd say, 'Not yet.' By September, all of my friends had 50 started school but me. I woke up every day at 10 a.m. and watched TV, cleaned the house, and helped make dinner. I was beyond bored. Meanwhile my mum loved having 55 me around. She didn't work, and always said that it was important for me to learn how to be a good housewife. I cringed every time she said that – that was the last thing I 60 wanted to be.

In fact, I really wanted a job, even if it was just working at my



Me, before my sisters left

stepdad's gas station. Anything to get out of the house. I even asked my stepdad if I could get a workers' permit, which you can get at 15 in Chicago, and he said, 'Sure!' But just like with high school, nothing ever happened. It was another empty promise.

A TRIP TO PALESTINE

The following summer, I was chatting on Facebook with a guy I knew from middle school. When he wrote, 'Want to go to Chipotle this Friday?' my heart skipped a beat.

I was super excited and typed back, 'Sure.' I told my parents that I was going to see my 24-year-old cousin. He was cute, and super nice. I told him that my parents were strict and didn't even know where I was. It was the most fun I'd had in over a year. At the end of our date, I told him that I'd be in touch over Facebook, and floated home. The next night, the doorbell rang. My mum answered, and I heard his voice ask, 'Is Yasmine home?' I froze. My mother started screaming, 'Who are you and why are you at this house?' She threatened to call the police,

slammed the door, and then screamed at me, 'Go to your room. You're grounded!'

The next day, my mum went grocery shopping without me and locked the door from the outside, which meant I was trapped. For the next two weeks, I was literally kept under lock and key when she left. And then one day, my mother said, 'Pack your bags. We're going to Palestine to visit your sisters.'

I'd only been there once, when I was 10; I don't even remember seeing my sisters then – all I remember is that it was dusty and dry. I hated it. Plus, I speak only very basic Arabic. My mum said we'd be gone for a month, but I didn't trust her. On the way to the airport, I asked to see my return ticket. I wanted proof that it existed. She was angry as she showed me the ticket, but it made me feel better.

ARRANGEMENTS

We landed in Tel Aviv, which was as hot and dusty as I remembered. I felt claustrophobic in the cab, which we took to Ramallah, the Palestinian capital. My grandmother has a house there, and both of my sisters lived nearby.

I was so angry about being there that I wasn't even excited to see my sisters, both married with kids. But by the end of that first evening, I relaxed with them. I even told them what happened with my Chipotle date, and they started teasing me, like, 'You're such an idiot! With a white guy? Really?'

After three weeks, my sisters sat me down and started putting makeup on me. They said that a friend was coming to meet me. The doorbell rang and in walked a guy with his parents. I'm 5'8' and he was 5'4', almost ten years older, and missing half of his front left tooth. Everyone seemed very eager. I was repulsed.



145 I sat stone-faced the entire
time they were there. As soon as
he and his family left, my mum
and grandmother said that they
thought I should marry him. They
150 said, 'He has a job and a house.'
That's all it took. I was furious. By
then, I realised that they'd brought
me to Palestine to get married and
planned to leave me there.

155 **MARRIED AT 15**

My worst nightmare was becoming
a terrifying reality. How could my
family do this to me? I thought
about running away, but how? My
160 mother had my passport. I had
no money. I was stuck. I started
thinking about different ways to
die. Anything was better than this. I
felt so betrayed.

165 The wedding was planned for
September 30th, a week and a half
away. I was still desperately trying
to figure a way out of it. I told my
mum, 'I'll find a way to leave.' She
170 replied, 'Either you marry him or
someone way older who won't be
as nice.'

I don't remember the ceremony
– everything is such a blur. I did
175 the best I could to tolerate being
around him and his family while
I tried to figure a way out of this
mess. To do that, I needed to get
on the Internet.

180 When he went back to his job
as a mechanic, I'd get up, have
breakfast, and go to his mum's
house to help her clean and make
dinner. She had a computer, so
185 one day, I asked if I could use it to
talk to my mother and she agreed.
Instead, I logged onto Facebook
and messaged a friend. I told him
what had happened, and he wrote,
190 'You need to call the embassy!' He
even sent the number. My heart
was pounding as I wrote it on a
piece of paper and shoved it into
my pocket.

195 **SAVED BY THE EMBASSY**

On October 14th, I finally worked
up the nerve to call. An American-
sounding man answered the phone
and I blurted, 'I'm a US citizen. My
200 parents brought me here against
my will to marry a man. I want to go
home.'



After a moment of silence, he
said, 'Wow, this is a first. Hold for
205 a moment.' He connected me to
a man named Mohammed, who
asked me for my parents' names
and address in the States. I gave
him all the proof I could think of
210 that I was a US citizen. Mohammed
told me he'd be in touch once he
verified all my information. On
December 3rd, he called with the
number for a taxi service and the
215 address of a hotel. He told me to
be there the next day at 11 a.m.

I REMEMBER LARGE SUITCASES AND BOTH OF MY SISTERS WEeping AS WE SAID GOODBYE

The next morning, I waited for
my husband to leave and shoved all
of my belongings into my suitcase
220 and called the number. I held my
breath for the entire 30-minute ride
to the hotel. There, in the parking
lot, I spotted a blond woman sitting
with a guy in a black van. 'Are you
225 with the US embassy?' I asked.

They said yes, and then she
patted me down, explaining it was
for security purposes, to make
230 sure I was not carrying any bombs.

230 I said, 'Do whatever you need to
do!' I didn't care – I was so close to
freedom.

FREEDOM

When they put me in the back
235 seat, I pulled off my headscarf and
fought back happy tears: there,
with these two strangers, I felt safe
for the first time in forever.

We went to the US Embassy in
240 Jerusalem, where I spent the day
filling out paperwork in order to
enter into the foster care system
back in the States. I had no idea
what that meant, but agreeing to
245 enter foster care wasn't hard – at
least it was a new start. That night,
a diplomat accompanied me to
the airport with two bodyguards,
and I was placed on a plane to
250 Philadelphia.

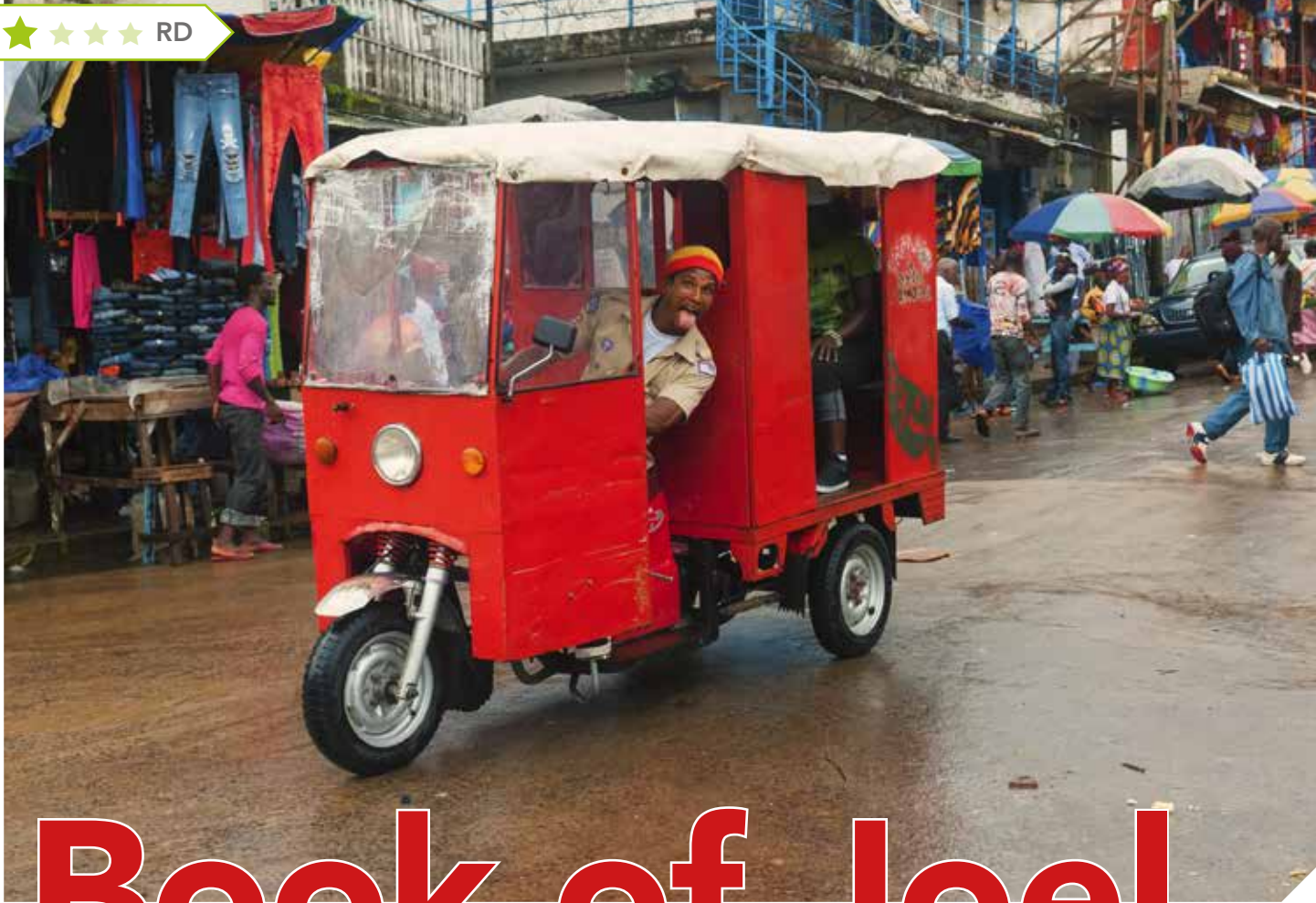
A lot has happened since that
day. I've just graduated from high
school. In September, I'm going
to Illinois State University and I
255 have just learned that I won a full
scholarship for the next five years. I
plan to study mass communications,
and may want to do something with
computers, considering they are
260 literally what saved me.

Regardless of what I end up
doing for a living, the thing that
makes me the most excited is that
I get to choose – what I want to
265 wear, who I want to date, or even
marry, and ultimately, who I want to
be. <<



AUDIO

★ ★ ★ ★ RD



Book of Joel

Ben Taylor knew he was being scammed on the Internet. What he did next changed both his and his scammer's life. How an online con goes wonderfully, implausibly right

1 One day in the winter of 2017, Ben Taylor received this random Facebook message: 'My name is Joel from Liberia, West Africa. I need some assistance from you. Business or financial assistance dat [sic] will help empower me.'

No one likes Internet scammers, Taylor included. So the 32-year-old marketer from Ogden, Utah, untruthfully responded, 'How can I help?'

'I wanted to see how this whole scam operation worked and how they bait people,' Taylor explains. 'I just wanted to go down this rabbit hole and see the tricks that they use to get people.'

Playing the game

20 He couldn't have guessed what would happen next. Joel Willie was indeed in Liberia, and he proposed a business partnership. He asked Taylor to mail some used electronics

25 to an address in New Jersey. Supposedly the electronics would be resold, and the profits split between the two of them. He wrote back to Willie and told him he was sceptical. Willie insisted he would never take advantage of someone. 'Bible says in Proverbs 22: A good name is better than silver n gold,' he wrote.

35 Taylor didn't buy it, and he replied with a small lie. 'I figured the more time of theirs that I could waste, the less time that they'd have to spend ripping me or other people off.' He told Willie he owned a photography business and could use some pretty pictures.

Willie wasted no time. He snapped a couple of photos on his old dinosaur flip phone and sent them to Taylor's phone the next day. 'I told him they were great,' Taylor says. Another fib – he wasn't even sure what was in the photos.

50 Willie said he could take better pictures if he had a better camera. Taylor decided to play along and see what happened. So he picked up the cheapest camera he could find and shipped it off to Liberia. 'My family thought I was crazy because I was interacting with this guy in Liberia,' he says.

By D Grace of God

60 Willie kept in close touch, telling Taylor he wanted to be a journalist. He wrote, 'I've decided 2 really commit n devote myself 2 dis business, what other pictures you want me 2 take?' Still sceptical, Taylor said he'd like to see 20 shots of life in Liberia. A week later, a bunch more blurry photos came through on his phone. 'Joel has to be the worst photographer on the planet,' Taylor said in a YouTube video he made describing his adventures. By now, he had

realised something interesting
75 was happening and decided to document it.

The next batch of Willie's photos came a few days later and contained more shots of people
80 doing everyday things: walking in town, tinkering on their houses. For Taylor, the images were heartbreaking. He had never seen such poverty.

85 Taylor decided to make a booklet using the pictures, calling it *By D Grace of God* – a phrase borrowed from Willie's messages – and sell a few copies for \$8
90 each. Sales exploded. 'People from around the world and places that I've never even heard of were buying Joel's book,' Taylor says.

Soon he had reached \$1000. He
95 told Willie he could have half. And the rest? Well, Taylor decided that Willie could get that too – but with a catch. Taylor told him he had to donate that \$500 to charity.

100 **A trip to Liberia**

Taylor didn't really expect an unemployed, poor scammer to just give all that money away. Then another series of pictures arrived.
105 They showed smiling children with book bags and notebooks. Willie had bought out a market, rented a taxi to move the items, and blessed five schools with this treasure.

110 Taylor set aside his doubt and

distrust, and then he did something else he could never have imagined a few months earlier: he travelled 6,500 miles to Liberia.

115 When he got to Monrovia, Taylor felt surprisingly at home. When he got to Willie's street, he recognised it right away. He found his friend sitting outside his house,
120 which was little more than cinder block walls, a dirt floor, and a tin roof. Inside were Willie's wife and some of his seven children, who greeted Taylor like an old friend.

125 Willie confessed to Taylor that he used to send Facebook messages to strangers, hoping to find some way a new friend would help him out of poverty. He said he
130 was 'more than desperate'.

'To feed the kids, a lot of things run into your mind,' Willie said. 'You can end up doing the wrong things.'

135 **Helping the community**

Fortunately, it never came to that. The booklets kept selling. People started taking pictures of themselves holding their copies and
140 posting them on social media with the tag #bookofjoel. Soon Willie had new friends in more than 40 countries, and Taylor's fund-raising campaign had raised \$12,000.

145 Some of the profits went towards Willie's basic needs, such as a new roof to keep the rain out of his home. But the two men decided most of the money should
150 be reinvested in the community.

Half the people in Liberia survive on less than \$2 a day. Over the past 20 years, the country has seen two civil wars and an Ebola
155 outbreak that killed nearly 5,000 people in a nation of just a little over four million. Because need is everywhere, Taylor and Willie decided to start with the most
160 vulnerable and gave book bags, notebooks, and other necessities to five more schools.

Taylor decided to tell their story in a second booklet, *By D Grace of
165 God: A True Story*. Sales of both booklets total some \$90,000 so far. And over the past year or so, with Taylor in Utah keeping track of the money and wiring it as needed



170 and Willie the man on the street in Monrovia, they have done a lot more good. They paid the utility bills at one school and the teachers' salaries at another that was about
175 to close because its funding had dried up. They also have begun mentoring entrepreneurs and making microloans of \$50 – a life-changing sum in Monrovia.

180 **From zero to hero**

Of course, the locals aren't the only ones who have been changed by this unlikely partnership. Taylor says he is no longer the cynic who
185 started all this. 'That's just not me,' he says. 'I've changed. I set out to embarrass a guy. I ended up helping a guy. I would much rather continue to help people. You feel
190 good when you help others.'

As for Willie, he says he's changed too. Although he still has to support his wife and kids on what many Americans spend at
195 Starbucks, he says he's okay using much of the money to help others. In fact, he says the opportunity to be charitable may be the best thing to come from all this. 'I used
200 to receive,' Willie says. 'I'm the one who's giving now, and it's better to give than to always receive.'

Did he ever consider keeping the \$500? No, he says. 'It's stealing.
205 And that would be dishonest. When you are honest, you can come from nobody to somebody. I have come from zero to hero.' <<





Hundreds of thousands of American teens will be homeless at some point this year. Find out what it's like to be one of them

I used to be hom

¹ The first night Han slept in a homeless shelter, she cried into her pillow for hours. Then 17, Han had grown up in an abusive environment in Ogden, Utah. According to the teen, her mother often lashed out – both physically
⁵ and verbally. As a result, Han was in constant fear for her life.

With no family members able to take her in and nowhere else to turn, Han eventually made the heartbreaking decision to run away. She packed as
¹⁰ much as she could fit into a backpack – some clothes, a toothbrush, and a comb – and left for a nearby homeless shelter.

Looking back on her first night there, Han, now 18, recalls lying on a wooden bunk bed in a room with
¹⁵ three other girls. At the time, she was overwhelmed by a combination of fear, sadness, and relief. 'I knew I was finally safe, but at the same time, I felt like I'd just lost everything.'

Hard times

²⁰ Han was just one of an estimated 700,000 American teens aged 13 to 17 who are on their own and homeless each year. Without a permanent home with their families, they're forced to move from one friend's house to another or to sleep in shelters, cars, or motels.
²⁵ Sometimes, they have to sleep outside – in parks or alleys.

Like Han, most homeless teens have run away to escape abuse or a family member's drug or alcohol problems. Others have been kicked out after clashing
³⁰ with a parent over their religious beliefs, sexual orientation, or gender identity.

When teens experience homelessness on their own, they face unique – and shocking – challenges. They often suffer from severe stress, depression, addiction, or
³⁵ loneliness. Many of them have no strong support system, such as trusted friends and relatives they can turn to for help. Some struggle to stay in school, putting their ability to get jobs in the future in danger.

'Young people experiencing homelessness have
⁴⁰ typically dealt with many forms of trauma and suffering,' says David Howard of Covenant House, an organisation that provides support for homeless teens. 'These young people may not have a home, but they do have hopes, dreams, and determination.'

⁴⁵ A longstanding problem

The US has been dealing with teen homelessness for generations. In the 1930s, during the Great Depression, more than 250,000 homeless kids – known as 'boxcar children' – rode freight trains across the country in search





eless

50 of work. Their situation improved as more jobs became available in the 1940s.

Today, youth homelessness appears to be on the rise in many areas of the country. In King County, Washington, for example, the number of homeless teens 55 increased by 700 per cent between 2016 and 2017. In San Diego, California, the number jumped by about 40 per cent in that time.

One reason for the apparent increase, experts say, is that communities are getting better at collecting data 60 on the number of homeless teens. That's a good thing, notes Howard: 'Having accurate figures is the first step toward dealing with the problem.' Still, authorities agree that the number of kids in crisis remains alarmingly high.

Sleeping on the streets

65 While the causes vary, homeless teens tend to have one thing in common. Most of them have few people – if anyone – they can rely on for help.

That was certainly the case for Savohn. The summer before his senior year of high school in Orlando, Florida, 70 Savohn says he had a huge fight with his mum and was kicked out of his house. For months, he moved from one place to another, carrying all of his belongings in a plastic bag. Sometimes he got lucky and was able to stay with friends or his older sister. But on other nights, he slept on 75 a bench at a bus stop. 'It was hard to fall asleep because I was so hungry,' he recalls. 'I cried every night.'

Through it all, Savohn continued to go to school. Depending on where he'd stayed the night before, he sometimes walked 20 miles to get to class – a journey 80 that took about 5 hours. He couldn't afford to take a bus,

so on those days he forced himself to wake up at three in the morning to make it to his first class.

At the time, he desperately tried to hide his situation from his classmates. 'I didn't tell anybody,' he says. 'I 85 felt embarrassed.' Still, Savohn remained focused on school and his passion for singing, dancing, and acting. All that hard work is now paying off. Today, Savohn, now 20, is a freshman at the American Musical and Dramatic Academy, a performing arts college in New York City. He 90 says he's hoping to put the past behind him.

Not broken

Many experts agree that the US can end teen homelessness – but it will require a lot of work. For one thing, they say, the government must do more to ensure 95 that young people are able to get the help they need before becoming homeless. That includes increasing access to – and funding for – mental health services, counselling for drug or alcohol addiction, and job training.

The country also needs more shelters for homeless 100 teens who are on their own, like Han and Savohn. Nationwide, only 4,000 shelter beds are available to homeless youths who aren't accompanied by their families.

Working to end stereotypes about homeless people 105 is another important part of the solution, says Howard. 'There's often a sense that these young people are sort of broken,' he says. 'But these are not broken people. They're young people who've experienced incredible problems. And we can help them.'

110 Despite the challenges ahead, experts say that some progress has already been made. In recent years, the US Department of Housing and Urban Development has given tens of millions of dollars to dozens of cities across the country in the hopes of finding innovative solutions 115 to teen homelessness. Such strategies could then be shared nationwide.

Last year, for example, San Diego was given nearly \$8 million to help create a system to quickly link homeless teens to housing and other necessary services.

120 Never give up

Han, the teen from Utah, eventually found the help she needed. During the 11 months she spent at the youth shelter, she met regularly with therapists who coached her through the crisis. With their guidance, she continued 125 to go to school, even signing up for extracurricular activities to strengthen her leadership skills. And she gratefully accepted the food and school supplies the shelter made available.

That support helped Han graduate from high school 130 at the top of her class and win scholarships to college. Today, she's a freshman at Weber State University in Utah, where she's studying political science. She says her struggle with homelessness taught her about the importance of reaching out for help and, ultimately, her 135 own inner strength.

'You might be at the worst point in your life right now,' she says. 'But eventually it's going to get better. Never ever, ever give up.' <<



Filters have never been more popular – and it's leading some people to have fillers, Botox, and other procedures. What's behind the obsessive dream of a flawless look?

Faking it

1 People used to call Anika the Snap Queen. Between the ages of 19 and 21, she was 'obsessed with Snapchat, to the point where I had 4,000 followers'. At the peak of her 'tragic' behaviour, she reckons now – a year after quitting the image-sharing app – she was taking 25 selfies a day.

10 She liked the sense of having a platform, she says, with the average selfie getting 300 replies. 'It was like, "Oh my God, I'm so popular – I've gotta show my face."' But the filters were also part of the appeal. The Londoner had long been insecure about the slight bump in her nose. Snapchat's fun effects, which let you embellish your selfies with dog ears, flower crowns and the like, would erase the bump entirely.

Sometimes her followers would suggest meeting in person. 'Then it would be like, "I have to look like my selfie."' It was around this time, the height of her Snapchat obsession, that Anika started contacting cosmetic doctors on Instagram.

Snapchat dysmorphia

The phenomenon of people asking for procedures to resemble their digital image has been referred to as 'Snapchat dysmorphia'. The term was first used by the cosmetic doctor Tijion Esho, founder of the Esho clinics in London and Newcastle. He had noticed that

Even 'fun' filters such as Snapchat and Instagram plump your lips, erase your pores, and lift your cheeks

40 where patients had once brought in pictures of celebrities with their ideal nose or jaw, they were now pointing to photos of themselves.

45 Some people used their selfies – typically edited with Snapchat or the airbrushing app Facetune – only as a guide. But others would say, 'I want to actually look like this,'

with the large eyes and the pixel-perfect skin, says Esho. 'And that's an unrealistic, impossible thing.'

A recent report in the US medical journal *JAMA Facial Plastic Surgery* suggested that filtered images 'blurring the line of reality and fantasy' could be triggering body dysmorphic disorder (BDD), a mental health condition where people become fixated on imagined defects in the way they look.

Like Esho, Dr Wassim Taktouk uses non-surgical, non-permanent 'injectables' such as Botox and dermal fillers to enlarge lips or smooth a bumpy nose. He recalls a client coming to see him in his modern Kensington clinic. She was upset after a date she had made through an app had walked off. 'When she'd met him, he had said, "You don't look anything like your picture."'

Unrealistic expectations

Why do we take so many photos of ourselves? A 2017 study into 'selfitis', as the obsessive taking of selfies has been called, found

a range of motivations, from seeking social status to shaking off depressive thoughts and – of course – capturing a memorable moment.

With so much of life now lived online, from dating to job-hunting, recent, quality images of yourself are also a necessity – it is no wonder that Facetune (Apple’s most popular paid-for app of 2017) and the free follow-up Facetune2 have more than 55m users between them. Stav Tishler of Lightricks, the company behind them, says making airbrushing accessible has challenged the illusion that ‘a perfect body’ exists. ‘We all know everyone is using it, supermodels and “everyday” people alike,’ he says.

Esho says the popularity of airbrushing on social media means it can create ‘unrealistic expectations of what is normal’ and lower the self-esteem of those who don’t use it. ‘It’s a vicious cycle,’ he says. Even ‘fun’ filters such as Snapchat and Instagram plump your lips, erase your pores, and lift your cheeks.

‘The first thing that any of these filters do is give you a beautiful complexion,’ says Taktouk. ‘Your laugh lines, from the nose to mouth, aren’t existent – but that’s not a human face. No one doesn’t have those. You can see them in children.’ Clients still request their removal, and of ‘the tear trough’ – the groove down from the inner corners of the eyes. ‘People wanting bigger eyes is another one – it’s just not possible.’

120 **Fish Lips**

Taktouk refuses to treat anyone younger than early 20s, but he says he has been contacted by 16- and 17-year-olds, sometimes for ‘preventative Botox’. It is always via Instagram, where a reported 60 per cent of users are aged between 18 and 24. The platform has become a marketplace for cosmetic procedures, with doctors showing their before-and-afters.

‘The process is as easy as “click-click-click, look at 10 pictures of his work in the space of a minute, wow, let’s contact him,”’ says Anika. At the age of 20, she turned up

at Taktouk’s clinic with photos of noses he had done and a video of herself with a Snapchat filter. She laughs. ‘He told me to come back with my mum.’

Instead, Anika took a year out to consider her decision, weighing up the advantages of fillers against a surgical procedure. By the time she returned to Taktouk’s clinic, aged 21, she had been brought ‘back down to earth’. He injected filler into the tip of her nose. She loved it instantly. ‘I just needed that to change me inside, so I could stop looking for perfection.’

When the filler eventually breaks down after about a year, she will repeat the procedure. ‘The most beautiful thing is when someone is happy from within, and as ironic as it sounds, my new nose helped me get there,’ she says. There was a moment just after the procedure, though, as she was admiring her new profile, when she wondered aloud if her lips needed filling, too. They were one of her most prominent features; she had been called Fish Lips at school. Taktouk told her to stop being silly.

Selfie addict

In 2014, then 19-year-old Danny Bowman from Northumberland was reported to be ‘Britain’s first selfie addict’ after being interviewed about his experience of BDD. His problems had begun four years before, when he was rejected by a modelling agency at the same time as he was being bullied at his new school and on Facebook. ‘For me, it was confirmation that I did look ugly.’

Bowman was soon spending hours before the mirror, covering himself in acne cream and moisturiser and checking a steady stream of selfies for real-time improvement. After three months he dropped out of school, and the selfie-taking increased to hundreds a day.

After six months of being housebound, consumed by his daily rituals, he tried to kill himself. ‘A lot of people say looking at themselves in the mirror probably makes them feel insecure, but imagine scanning through 200 pictures a day. I was just exhausted. I felt like there was no way out.’ His mother – like his father, a mental health professional – found him in time and he was diagnosed with BDD. Part of his 12-week treatment involved restricting access to his phone.

Now 24, Bowman campaigns on issues related to mental health and positive body image. He has raised concerns about the impact of Instagram with friends he sees ‘posting photographs of themselves every other day, Facetuning themselves, making themselves look unlike the way they look’. They have reacted defensively, he says. ‘It has become such a normal thing that people don’t see that what they’re doing is abnormal.’ <<





Facing iffy job prospects, student loan hell, and an exhausting dating scene, more and more young women are rethinking their happily-ever-afters



Happily ever after

By MOLLY ROSEN GUY



1 Consider this modern millennial fairy tale: Our heroine, Ashley, is 28 and living in a cramped, overpriced apartment. She works up to 12 hours a day, six days a week. She has no health insurance and no time for hobbies, and she owes her therapist \$700. Then she gets a text. 'Hey ... wanna get married?'

10 The sender is a high school friend named Justin, who's been in Ashley's social circle for years. They never actually dated, and Justin comes from a wealthy European family, but with no job that will sponsor him for a visa, he's trying to avoid being cast out of the kingdom. Hence the deal he is proposing: marriage (and a green card) for him; cash for Ashley.

At first, she laughs. She writes back to name her price as a joke ('50K?'). But then Justin starts to seem dead serious. Hours later, Ashley thinks of his Instagram feed and the stories she's heard about

his luxurious, mysterious life full of trips to France and China and multimillion-pound weddings in Italy. Meanwhile, she's begging her parents to help her buy a plane ticket for her best friend's bachelorette party. Justin is offering a couple grand up front, with ongoing support for her rent and credit-card debt. She doesn't even have to live with him.



Our heroine faces a choice. Keep waiting for love, or start negotiating? She needs the funds badly. And she wants the Instagram-worthy travel. When Justin agrees to help her see the world, Ashley writes back: 'OK, let's do it.' His lawyer drafts up the forms.

Weeks later, they meet at city hall in jeans and sneakers to sign the paperwork, with friends acting as witnesses. Everyone involved seems to find the whole arrangement hilarious.

But all's well that ends well. These days, Ashley is a happily married newly-wed – except that love has nothing to do with it. Instead, she's thrilled about the bills she can now pay and that her anxiety level has gone down. The way she sees it, she has manifested the perfect solution to her problems (and she knows what you're thinking, but it's not like she could've gotten ahead on her own anytime soon anyway, what with her debt and rent payments).

Now she and her husband meet for dinner once a week; he brings along her mail. She's gone on his health insurance, and she's even planning a trip somewhere warm, like Aruba. It's not the ending she expected, but it's making her very happy. And she's not alone. All over the world, young people are rewriting what marriage looks like – and what it can do for them.



Practical arrangement

80 For most of human history, marriage was a practical institution based on deal making between families, says Stephanie Coontz, author of *Marriage, a History: How*

85 *Love Conquered Marriage*. 'You'd get a spouse who could help run the family farm or business or whose in-laws could help you gain valuable political connections.'

90 Only around 1700 did romantic love start to become connected to marriage at all, as the rise of markets

95 and paying jobs allowed people to make their own money and decisions. The popular romance between Queen Victoria and Prince Albert in the 1800s

100 helped cement the trend. 1, for most people, more sensible considerations ruled the day far into the 20th century. 'As recently as 1967, two-thirds of

105 college women said they'd consider marrying someone they didn't love if he met their other criteria, many of which revolved around financial security,' says Coontz. Only

110 when women started to achieve economic equality did marriage become more a choice than a necessity. Fast-forward to now, when

115 spouses are expected to share the same interests and fulfil each other emotionally for decades. If that sounds like a lot of pressure, it is – and the ideal of the love marriage

120 has started to crack under it, as a new generation that trumpets equality and self-actualisation is looking at marriage once again as less of a starry-eyed melding of souls than as a practical way to get ahead.

divorced in droves.

But it's not just

140 about cynicism:

Ashley and her cohorts may be the most financially troubled generation. The typical female college student graduates

145 with an average of \$17,079 in student-loan debt and almost \$5000 in credit-card debt, only to enter a workplace where women still earn 11 per cent less than their male colleagues. And that's if they get steady jobs. Nearly half of young people now work freelance gigs, which come with flexible hours but zero health insurance.

150 That's why these days, some women are owning up to their practical requirements. 'Women in my generation have the sense that it's socially acceptable

155 to marry rich,' confirms Annabelle, 28. 'Social media makes it look like wealth is everywhere.'

160 A friend of hers recently attended a lavish wedding where the bride, 26, married 'this guy from stupid money who was unfaithful before they got engaged. But she couldn't

165 imagine going back to the lifestyle she had before.' The wedding photos were epic.

Transactions

And for others, a transactional marriage may be just a way to score that picture-perfect Instagram life. 'There is social pressure not to be alone,' says Elizabeth, 27. 'One of my friends got married because

180 she was bored.' Relationship expert Rhonda Richards-Smith adds that 'getting married can be a status



Cultural shift

'There's a cultural shift around

130 marriage and what it means,' explains Jillian Turecki, a relationship coach. 'It doesn't have the same weight to younger people as it did to their parents. They're

135 cynical about romance.' Millennials were, after all, raised by parents who



symbol'. 'A lot of millennials want to find the shortcuts,' adds Annabelle, who says that Instagram has created a toxic atmosphere around the idea of the perfect life. 'It sets up this expectation that things wouldn't be as hard as they

190 are.' 'I think you sell yourself short when you are only getting married for financial gain,' says Richards-Smith. 'It doesn't provide the

195 fulfilment you need long term.' But in today's world, with the average age of first marriages continuously climbing (it's gone up

200 by seven years over the past decades), partners have more established support systems by the time they tie the knot – and 2.

205 'The idea of a soul mate is outdated,' Turecki says. 'You can't expect a partner to be everything for you. It's important to have a full life outside the relationship, with

210 friends and work and self-care.' Megan Fleming, a relationship therapist in New York, adds that even people who marry for love are going into it more 3 than

215 ever, with a full awareness that the dopamine rush doesn't last, so other factors must also be in alignment. Perhaps that's why millennials

220 who were raised on women's empowerment don't necessarily see the transactional relationship as retro or anti-feminist but rather an old tool being put to modern use.

225 For Ashley, it was a proactive way to help manage her anxiety and work toward a more fulfilling career. <<



AUDIO



Horrified after witnessing a stabbing on her doorstep, Kirsty Lang investigated – and what her student son showed her about a dark YouTube underworld shocked her to the core

Knifed for likes

1 At first, I thought the commotion outside my house was caused by people pouring out of the local pub. It was only when the flashing blue lights of an ambulance lit up my bedroom that I pulled back the curtain. There, 5 sprawled on the pavement outside my house was a teenage boy. A paramedic was bent over him, trying to stop the blood I could clearly see flooding from his abdomen. The boy looked so young and vulnerable as he was placed on a stretcher and carried to the ambulance, 10 an oxygen mask over his face. Deeply shaken, I watched the ambulance speed off.

1 That night I couldn't sleep. As a former news reporter who worked amid the violence of the former Yugoslavia as it fell apart, this was not the first time I 15 had seen a young man bleeding from a terrible wound. But this wasn't the Balkans. It had happened on my doorstep, outside the house where I raised my own son, on the streets where he once walked to and from school every day.

20 Waps and drillings

Shepherd's Bush is a mixed area of West London. Large, run-down council estates lie a stone's-throw from smart streets inhabited by journalists, broadcasters, and a few well-known actors. Of course, I'd been concerned for my

25 son during his school days, worried he might be mugged for his mobile phone. But stabbings had seemed to be another matter – a horror limited to rival drugs gangs, probably in different parts of London.

Like everyone else, I'd seen the disturbing reports 30 showing that the number of fatal stabbings in England and Wales is soaring – in fact, they have just recently

*Like many parents,
I had no idea at all*

reached their highest level since records began in 1946. Until that night, however, gang stabbings didn't invade my comfortable middle-class existence. Only then was I 35 shocked into paying real attention.

Like many parents, I had no idea at all. It was my grown-up son, who is studying sociology and has an interest in youth crime, who explained the shocking way that social media now dominates the lives of our 40 teenagers. Perpetrators film their attacks and post the

videos on Facebook, Snapchat, Instagram, and YouTube, glorying in the violence and using the attention they get from their followers – particularly the number of ‘likes’ – to score points with their rivals. Our teenagers are
45 stabbing each other to death for ‘likes’. 2

I started watching videos made by gangs in my area. The clips show them rapping about how tough they are, bragging about their violence. I saw groups of teenage boys wearing black balaclavas and sportswear, gesturing
50 as if shooting a gun and making stabbing motions as they name their victims. My son explained the meanings of the street slang they use. I now know that guns are ‘waps’ or ‘spinners’, knives are ‘shanks’ and ‘rambos’. Shootings or stabbings are referred to as ‘drillings’.

55 **Dustbins**

I tried to find out what had happened to the boy on my doorstep. 3 Fortunately, the boy had survived and he has been safely discharged from hospital. No arrests have been made. But my search turned up another
60 disturbing story. There had been another stabbing just a couple of streets away – and this time the victim was someone we knew, a 16-year-old who had been at the

Teenagers’ lives are led online – and imagery of violence is everywhere

same state primary school as my son. His older brother had been a close friend. 4 We’d eventually lost touch
65 with the family, but now I decided to make contact with his mother once again, if only to say how sorry I was about what had happened.

We met in a local cafe. 5 She told me that her son was recovering physically but the whole family were still
70 in a state of shock. She insisted that he wasn’t involved in drugs and that he was not a member of a gang. He had been at a local secondary school but was not at all academic and was excluded aged 15, a few months before his GCSEs. Today, she is particularly critical of the
75 Pupil Referral Unit (PRU) where he and other excluded pupils were sent instead of normal schools. PRUs have gained a reputation for being little more than dustbins, breeding grounds for violence and criminality. Students sent to them have a 99 per cent academic failure rate.

80 6

Virginia (not her real name) knows that her son needs guidance to get his life back on track, but she doesn’t know where to start. And how would she, when so much of teenagers’ lives is led online – and imagery of violence
85 is everywhere?

Reppin’ your block

Virginia’s family have been helped by a youth advocate, Nathaniel Levy, who confirms that social media is one of

the key drivers behind the violence, which is extremely
90 territorial – more so even than in the past. Where it used to be a case of one postcode against another, now it’s one block of flats or one side of the street against another. It’s known as ‘reppin’ your block’. If anyone from outside your area comes in, you have to attack them. If
95 you stab someone you get points or ‘reps’; you’re known as a ‘bad boy’ who has ‘repped his block’. Apparently, children as young as nine play a game called ‘Scores’ with gangs boasting of their attacks on social media in an effort to outdo their rivals.

100 One chilling aspect of Instagram and other social media platforms is that their users often know an attack is due to take place. And they will know the identity of the perpetrators – terrifying spectres from their online worlds. But ‘snitching’ is a dangerous business. ‘If you
105 won’t tell the police who stabbed you or your friends, all you have is revenge,’ says Levy.

The Metropolitan Police’s gangs unit has identified 32 gangs operating in the borough of Hackney alone. They estimate that most of them are just groups of boys who
110 have banded together and are carrying knives to protect themselves or rep their block. Without adult supervision, and with nowhere to go, they are left with no choice but to spend their time
on the streets around their

115 homes. They often feel forced to join gangs out of fear. Only six to seven of the gangs

120 are making serious money from drugs

125 but they don’t tend to carry knives

130 because they don’t want to attract the attention of the

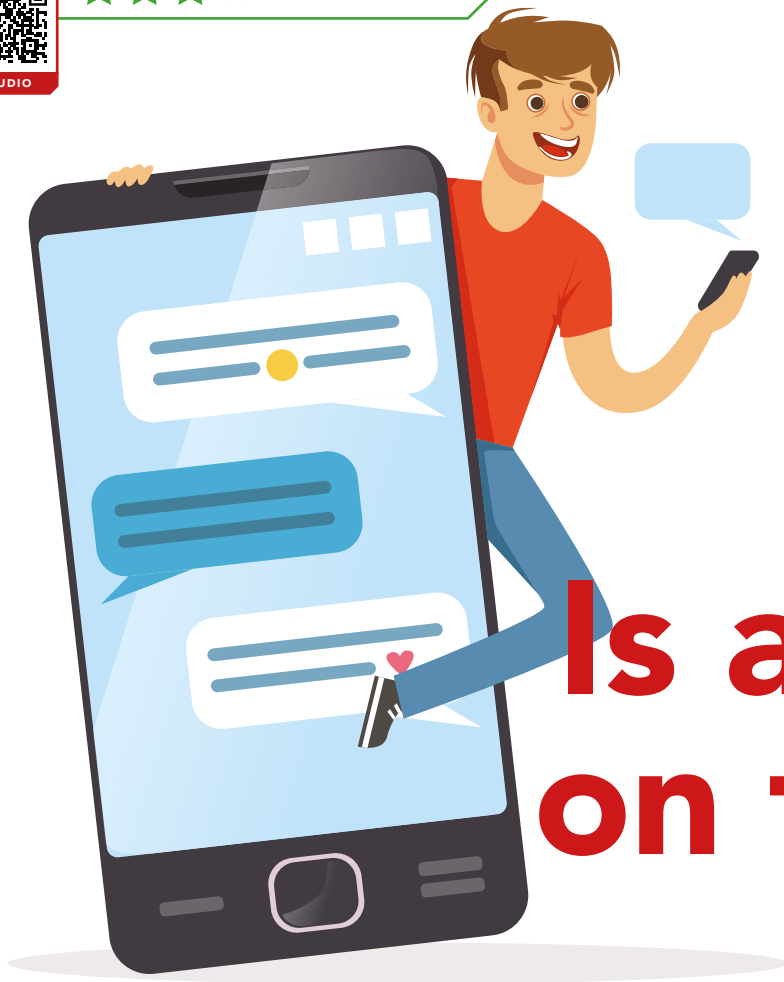
135 police. 7

Levy agrees that, for all the publicity, drug dealing is just a small part of the picture. ‘Many of these kids are not
140 learning social skills. The parents aren’t there for them and if kids are left to raise themselves, their behaviour becomes extreme.

‘If we don’t invest time and resources in our young people, these levels of lawlessness will continue to spiral
145 out of control,’ Levy predicts. ‘It’s like *Lord of the Flies* out there.’

And, as I discovered, it’s far closer to home than we might think. <<





Video games, TV series, and social media – it seems that many of us are hooked on something. Are things as bad as they appear?

Is addiction on the rise?

BY DR SUZI GAGE

1 The media is full of reports of addiction to pornography, gambling, video games, phones, and even the Internet. Parents are concerned that they can't drag their kids away from their tablets, while on any bus journey you can see dozens of people mindlessly scrolling. But are we as hooked on these behaviours as 1? And most importantly: are levels of addiction on the rise, as technological advances put these enjoyable temptations in our pockets?

Certainly, data collected by government body the Gambling Commission suggests that problem gambling behaviours are on the rise, estimating in 2017 that approximately 430,000 individuals in the UK had a serious gambling problem, a rise of more than one-third over the previous three years. It's perhaps 2: whereas once you'd have to go down to the betting shop or off to a bingo hall if you fancied a flutter, now you can simply download an app.

30 Defining addiction

Addiction is a tricky concept to pin down. Colloquially, we might say things like: 'Oh, I downloaded this new game on my phone and I'm totally addicted to it.' But from a clinical perspective, we think of addiction as occurring when someone has found that their life has been 3 by a compulsion to perform a behaviour.

Prof. Robert West, director of tobacco studies at UCL and editor-in-chief of the journal *Addiction*, defines addiction

45 as 'a psychological condition that involves repeated powerful motivation to engage in a behaviour that's learnt through experience, and that has either actual or potential harmful consequences'. Under this definition, it is possible to be addicted to anything – not just substances – if it turns from a want for it to a need for it, and it puts a person at risk of harm.

Yet much like with substance use, the vast majority of people who play games online or use the Internet will not experience 4. Dr Henrietta Bowden-Jones, a consultant psychiatrist and researcher based at Imperial College London, highlights how little we know about the prevalence of behavioural addictions – in particular, gaming.

So how do we tell the difference between just really liking something and a behaviour that is becoming problematic? For Bowden-Jones it's about loss of control. For instance, binge-watching Netflix is not



necessarily a problem. 'If there's no
75 harm to us or to others, we should
be free to choose how to spend
our time,' she says. It becomes a
problem, however, when someone
tells themselves they will stop at
80 midnight, but finds they're still
watching when the sun rises, and
starts missing work or school. She
also suggests that the joy from the
behaviour reduces. 'It's not fun any
85 more and it leaves them 5,' she
says of people she has treated for
behavioural addiction.

Addiction problems seem to
run in families, which might indicate
90 the involvement of genetics. But
genetic variants alone don't cause
addiction, though they might tip
the scales. West points out the
importance of society and culture,
95 highlighting smoking prevalence
in China. 'In China, 60 per cent
of men smoke, and about 3 per
cent of women,' he says. 'There's
nothing different about those
100 Chinese women than British women
to make them 6, it's just taboo
for women to smoke in China.' A
person's upbringing, the level of
deprivation in which they live, and
105 a host of other social and cultural
factors will also strongly predict
whether a person is at risk of
developing addiction.

Body and brain

110 There's also the question of
whether addiction leads to changes
in the brain. The neurotransmitter
dopamine has long been implicated
in addiction. But it's implicated in
115 pleasure generally – how taking
pleasure from something can
lead to dependence is less well
understood. While using substances
like drugs or alcohol will directly
120 alter brain chemistry, behaviours
can also induce pleasure (and
therefore dopamine) in much
the same way, so the processes
of developing addiction to a
125 behaviour are likely to be 7 as
for a substance.

In 2008, Bowden-Jones set up
the National Problem Gambling
Clinic. Despite seeing some of the
130 most severe cases of gambling
addiction in her clinic, she is keen
to point out that the scale of the



problem might not be as extreme
as some would think. Despite lots
135 of people gambling, problem
gamblers make up less than one
per cent of the population.

Yet she wonders whether
there is something about how
140 ubiquitous technology has become
that increases risk. And there's
concern among researchers that
online games and apps are taking
inspiration from gambling to
145 keep people playing, and paying.
These include what are known
as 'loot boxes'. These are prizes,
paid for with real money, where
the contents are not known until
150 they're purchased. Recent research
has suggested purchase of these
prizes is linked to higher levels of
problematic gambling behaviour.
And this link gets 8 when the
155 games employ another device used
by the gambling industry – the near
miss, showing people what they
could have won alongside what
they did win.

160 While public attention is turning
to behavioural addictions like
gambling and gaming, it's worth
highlighting that substance use,
particularly smoking and drinking,
165 seems to be going down among
young people in the UK. West
thinks that it's possible that they
might be moving from
one 9 behaviour
170 to another.

Create boundaries

So is addiction on
the rise? It's hard to
175 tell, partly because
as yet there aren't

standardised measures by which
to assess things like problematic
gaming, and large-scale surveys
180 have not been done. Just because
we might see people glued to their
phones while they're on buses
or trains, it doesn't mean we've
become a nation who are addicted
185 to the Internet. Nonetheless, in
2018 the World Health Organisation
announced that it was classifying
gaming disorder as a mental health
condition. 10, some researchers
190 worry that this classification will
lead to overdiagnosis and a
pathologising of gaming. It's clear
that we know very little about how
many people have gaming disorder,
195 and it's likely that the vast majority
of people who play games do so
with no detriment to their health
whatsoever.

Having said that, for those who
200 are 11, it is possible to spot
the warning signs of a pleasurable
activity becoming a compulsion.
Bowden-Jones highlights
behaviours such as isolation, a loss
205 of interest in previously enjoyed
activities, removing oneself
from previously enjoyable family
moments, or a worsening of school
grades as being potential causes
210 for concern. Though some of these
sound a little like normal teenage
behaviour, Bowden-Jones says that
it's the negative consequences that
you need to look out for.

215 West has some final words of
advice for those who are trying to
reduce their need for a behaviour.
'Self-control is much easier when
you set fixed boundaries,' he
220 explains. 'Be 12 yourself and
don't allow your boundaries to
slide, then even if you do
slip up, you can get back
on track.' <<





AUDIO

Strange new worlds

For travelling to Mars astronauts will have to worry about space radiation but perhaps more important is how well they can work together

1 Sending people to Mars is a daunting prospect. It would take astronauts at least nine months to get there, they might spend a year on the planet itself, and they would then spend another nine months on the journey home. During that time they would be exposed both to high radiation levels and to the increasingly irritating tics and habits of their fellow crew. It is hard to say which of these would be more likely to result in someone's death. But though the scientific value of such a mission is questionable, as a propaganda stunt it would be unequalled. America's space agency, NASA, is therefore looking into ways of preserving both the physical and the mental health of putative Martian voyagers.

One such effort is the NASA Twin Study, in which it took advantage of

identical-twin astronauts Mark and Scott Kelly. Scott was launched to the International Space Station in 2015 for a 12-month tour as station commander. Mark remained on Earth for the same period. Both men gave regular samples of blood, urine and so on for scientific analysis. Both also undertook batteries of physical and mental tests. Not knowing exactly what might change in the men's bodies, ten teams of researchers spread across America combed through the samples and results to track as many molecular, cognitive, and physical changes as possible. These teams found lots of surprises.

Physical problems

Dr Chris Mason of Weill Cornell Medical College compared the operation of Scott's genes with

those of his brother back on Earth. Genes in Scott's body associated with the immune system became highly active. This was also true of the cellular machinery associated with repairing DNA. 'It's almost as if the body is in high alert,' he said, which would not be surprising given the stresses of space flight. Another surprising observation was the presence of a lot of mitochondrial fragments in Scott's blood. Mitochondria are tiny structures within a cell which release energy from sugar. They tend to get into the bloodstream only when cells are damaged or dying of stress.

From Scott's point of view, the good news is that almost all of the thousands of changes catalogued in his body reverted to normal soon after he returned to Earth. This suggests that, for the most part, a

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healthy human body recovers well
70 from the stress of space flight. But
however detailed the Twin Study
has been (and it was in fact the
most detailed scientific portrait of
75 human beings ever made) a sample
size of two is still rather limited. In
the coming years NASA is planning
dozens more long-duration tests
on people, including tracking
80 astronauts heading to the moon in
preparation for future trips to Mars.

Psychological problems

When Scott returned from
the space station, he said that
'teamwork makes the dream work'
85 when it comes to a successful
mission in space. Cutesy. But it was
an apt statement. Understanding
how teams function, how they go
wrong, and how to prevent social
90 problems will be a critical element
of any successful mission to Mars.
Such a mission might involve half
a dozen people, perhaps from
different cultures, cooped up
95 together for some three years in
a space no bigger than a typical
family home. There would be no
emergency-escape strategy. One
of the attempts being made to
100 model these conditions is that of
Noshir Contractor, a behavioural
scientist at Northwestern University,
in Illinois, who has been studying
the dynamics of groups of people
105 isolated for long periods in a facility
at the Johnson Space Centre in
Houston, Texas. Here, volunteers
are locked away for up to 45 days
at a time on mock space missions.
110 They are poked and prodded,
physiologically and psychologically,
and monitored day and night.

Something researchers have
already learned from these
115 experiments is that certain
personality characteristics are
essential to helping groups work
well together. A good group
needs a leader, a social secretary,

120 a storyteller, and a mixture
of introverts and extroverts.
Intriguingly, by far the most
important role seems to be that
of the clown. According to Jeffrey
125 Johnson, an anthropologist at
the University of Florida who has
spent years examining relations
between people in Antarctic crews
overwintering at the South Pole,
130 the clown is not only funny, he is
also smart and knows each member
of the group well enough to defuse
most of the tensions that might
arise during long periods of close
135 contact. Dr Johnson found that in
groups that tended to fight most or
lose coherence, there was usually
no clown.

Transcripts of conversations

140 Even if a perfect, balanced group
of astronauts is assembled for a
Mars mission, however, things
could still go awry. On December
28th 1973, for example, the three
145 crew members of Skylab, an early
American space station, decided
to cut off contact with ground
control and refused to do any of
their assigned tasks, something
150 they called a 'work slowdown'.
Newspapers at the time referred
to this incident as the first strike in
space.

Dr Contractor's group wanted
155 to understand what happened
on Skylab and whether or not the
crew's reaction could have been
averted. They took transcripts of
conversations that had occurred
160 on Skylab over the many years it
had hosted astronauts, and applied
textual and network analysis to
them to try to understand the
nature of relations between the
165 people who had been on the
station. The cause of the strike was
that the crew's close ties with one
another had become detrimental
to their relationship with the team
170 back on Earth. Crew members

had started using a lot of negative
words about their daily tasks and
complained bitterly to each other
about their workload, but never
175 shared these thoughts with those in
ground control.

On a future mission to Mars,
ground control would thus be
well advised to have transcripts of
180 conversations showing details of
who talks to whom, how quickly
people respond to each other,
and what the sentiment of each
conversation is. Dr Contractor
185 and his colleagues are creating
algorithms that can crawl through
these data and predict when
there could be problems between
members of the crew, or between
190 the crew and the ground.

Building the perfect team

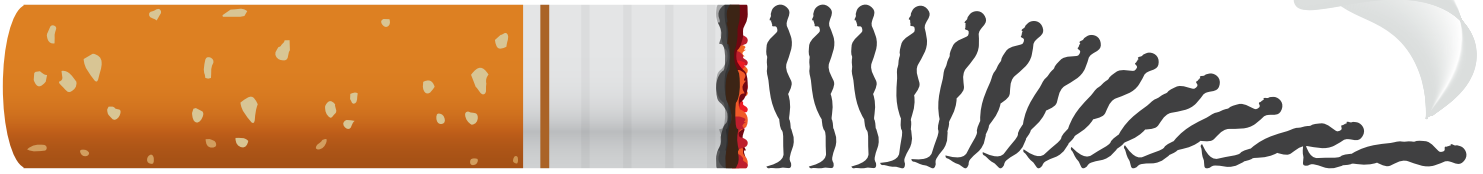
Predicting problems is just the start.
Ground-control teams monitoring
the flight could help with crew
195 conflict near to Earth, but on a
mission to Mars the astronauts will
need to operate autonomously,
given the large communication
delays. NASA's engineers are
200 therefore working on software
that can be used to analyse data
about a crew's behaviour in real
time and provide a sort of digital
counselling service, helping them
205 find ways to mitigate any problems.
'Good mental health on a mission
is not the absence of conflict, but
how you handle that conflict,'
said Thomas Williams, a specialist
210 in human factors at the Johnson
Space Centre.

Building a perfect team for
a long mission to Mars will not
be easy, says Dr Contractor, and
215 there is much to learn yet. But if
human beings are ever to travel
to other parts of the solar system,
then understanding the behaviour
of those who will be crewing the
220 hardware should make a successful
voyage far more likely. <<





A future without cigarettes



The following open letter was written by André Calantzopoulos, chief executive officer of Philip Morris International, and published as sponsored content in Politico

Dear global leadership community,

1 As the CEO of Philip Morris International (PMI), I'm often asked why we do not stop selling cigarettes. Perhaps this is the wrong question. The right question might be: 'When will people stop buying cigarettes?'

5 Today, consumer demand for cigarettes remains. Even with increasing prevention and cessation efforts worldwide, there are more than one billion people who smoke cigarettes. And according to the World Health Organisation, there will still be more than one
10 billion people who smoke in 2025. These people are your constituents, your neighbours, and – perhaps – your friends and family. We have to look at alternative solutions for each and every one of these individuals.

15 That's why at PMI we are committed to creating a smoke-free future. It's a transformative vision, one that will change society: a future that does not include cigarettes. And we want to get there as quickly as possible.

Our scientific approach

20 Yes, our industry has had an undeniable problem with credibility in the past, but it's our belief that history should not be used to deny adult smokers – who would otherwise continue to smoke – the ability to make more informed choices.

25 In an ideal world, all smokers should quit tobacco and nicotine consumption completely. This is the lowest-risk scenario compared with cigarette smoking. We know smoking tobacco causes disease. We also know that tobacco contains nicotine, which is not risk-free, but is
30 not the primary cause of smoking-related diseases. In

fact, the primary cause is the harmful chemicals that are inhaled when a burning cigarette is smoked.

35 We have invested more than £3.5 billion in research and development to provide adult smokers with better options than continued smoking. Behind this investment, and every advancement at PMI, is robust science. We are harnessing recent breakthroughs in technology to develop smoke-free alternatives to cigarettes that are much less harmful than continued smoking. And
40 we're not alone. There is growing recognition in several countries, including the UK and the US, that innovative smoke-free alternatives to cigarettes are likely to be less harmful than continued smoking. These countries view them as important tools to complement public health
45 policies focused on prevention and cessation.

But innovative products and solutions do nothing if people don't know about them. We are ready and willing to talk with people across all sectors and all points of view, including those who disagree with us.

50 Distrustful detractors

Those who are suspicious of our intentions, who block progress without taking time to understand the science and the size of the public health opportunity, do smokers a great disservice. As we drive toward a future that is
55 smoke-free, these detractors have become disablers of public health solutions. They are blocking change, and many smokers are being denied these alternatives.

60 Look at how other issues of global scale are addressed – issues such as climate change, gender equality, obesity, hunger, and education. A common

factor for those issues is recognition that we must work together to try to solve them. Partnerships and coalitions are formed. Energy companies are invited into the conversation about climate change solutions. Major food corporations are allowed a seat at the table for talks about solutions to both hunger and obesity.

However, in our sector, society is both polarised and paralysed. We urgently need an open dialogue. What is more important: helping smokers or hating us? Frankly, I don't think it's reasonable to effectively condemn a population to only smoke cigarettes when there are better alternatives available. Can you imagine the criticism I would face if, years from now, it was discovered that we had better options to offer smokers, but left them in the laboratory?

A better future

That's why I'm appealing for collaborative action. For consideration and a willingness of governments, regulators, NGOs, and individuals to study the scientific assessment of, and evidence for, alternative products. To be open to new concepts, conversation, and change.

In the few short years since smoke-free alternatives have been commercialised, millions of men and women have stopped smoking and have switched to these products. As we continue toward our smoke-free goal, we know that great care must be taken. Responsible commercialisation of these products is vital to ensure that only adult smokers who would otherwise continue to smoke switch to them. We refuse to offer our smoke-free products to people who have never smoked or to those who have quit smoking.

By working together, through innovative products that meet the different needs of adult smokers, along with forward-thinking regulators and public health

officials, we can speed up the progress to a smoke-free future. A future that will create a better world for more than one billion adult smokers – and the people who care about them.

This is why we are dedicated to innovation that can lead to a better future. This is why we must continue to call for an open dialogue with everyone, including with those who disagree with us. This is why we hope that as you read this now, you will look at what we're trying to achieve and join the debate for change. This is our 'why'. We won't have this opportunity again. <<



Tobacco firm Philip Morris accused of 'staggering hypocrisy' over UK anti-smoking campaign

By ALEX MATTHEWS-KING
THE INDEPENDENT

One of the world's largest cigarette and tobacco companies has been accused of 'staggering hypocrisy' by cancer charities after launching a campaign to help smokers quit.

The Hold My Light campaign is a major campaign by Philip Morris. It said the campaign is an 'important next step' in the company's path to 'ultimately stop selling cigarettes'.

The firm is no longer able to advertise its Marlboro cigarettes directly in Britain because of the UK advertising ban on tobacco products. But charities claimed the

move was just a way to circumvent tobacco advertising laws and to promote its range of smoking alternatives, including e-cigarettes and 'heat not burn' tobacco products.

Earlier in 2018 the company attracted criticism from the Government for writing to NHS trusts and offering to provide cigarette alternatives to staff to help them quit. George Butterworth, from Cancer Research UK, said, 'This is a staggering hypocrisy from a tobacco company to promote its own smoking cessation products in the UK, while continuing to promote tobacco cigarettes across the world. The

best way Philip Morris could help people to stop smoking is to stop making cigarettes.'

Stop smoking charity ASH pointed out that Philip Morris International was one of a consortium of tobacco companies which lost a legal challenge aimed at blocking laws on plain packaging for cigarettes. The group's director of policy Hazel Cheeseman added, 'This campaign is simply PR puff. If they were serious about a smoke-free world they wouldn't challenge tobacco legislation around the world but instead support regulations that will really help smokers quit and prevent children from taking up smoking.'



AUDIO

FLAT EARTHERS

We live in an increasingly scientific world, so why do conspiracy theories seem to be more popular than ever?

BY MOYA SARNER

1 For more than 50 years, Gary Heather believed, unquestioningly, that the Earth is a globe. But one evening in August 2015, he was
5 browsing YouTube at his home in Hampshire and found a video called *Flat Earth Clues*. He watched all two hours, five minutes, and 43 seconds
10 of the film – and he wished it was longer. Since then, Heather has become a passionate Flat Earther.

2 Conspiracy theories are nothing new, but the rise of Flat Earthers in particular seems to have caught
15 people’s imagination, and stoked up their disbelief. So what is it that draws people to these theories, despite untold evidence to the contrary, and what does it reveal
20 about society at large?

UNCOMMON BELIEFS

3 Heather, who goes by the name Gary John on social media, is a central figure in the UK’s Flat Earth
25 community. 1, in his case the term Flat Earther is not entirely accurate. ‘The thing is, is it flat?’ he explains. ‘There’s a massive

question mark about it not being
30 a globe, and we’re assuming the alternative is it must be flat – but how do we know it isn’t concave, or convex, or hollow? I can’t tell you what it is, but I believe I know
35 what it isn’t. I’m not a disbeliever of everything I’ve ever been given, but I try to look at it with an open mind.’

He also believes there are question marks over the existence
40 of gravity, the Moon landings, the assassination of JFK, and what really happened on 9/11. I ask him what he thinks about the anti-vaxxer conspiracy theory – the idea
45 that vaccines cause harmful effects such as autism which are being covered up. This is another belief that has been increasingly hitting the headlines in recent years,
50 with a raft of celebrities coming out in support of the movement. Similar to many anti-vaxxers, Heather expresses a distrust of the people who make these vaccines.
55 ‘Pharmaceutical companies are out to make, for want of a better word, a fast buck,’ he says. When I tell him 7 I think it’s far more dangerous not to vaccinate your children, he tells

60 me, ‘I would totally disagree.’

5 Just like the Flat Earth hypothesis and the idea that the Moon landings were faked, the link between vaccinations and autism
65 is completely unsupported by scientific evidence. But conspiracy theorists 2 the institutions that provide this evidence, and countering their beliefs with
70 logical reasoning doesn’t seem to work. Instead, we need to look to psychologists and sociologists to help us understand why these theories exist, and whether they’re
75 on the rise. This latter question is a particularly controversial one.

MORE THAN EVER

6 Dr Rob Brotherton is a psychologist at Goldsmiths, University of London
80 and the author of *Suspicious Minds: Why We Believe Conspiracy Theories*. ‘People are always saying that this is the golden age of conspiracy theories, that there
85 have never been more than now,’ he explains, ‘but the historical perspective suggests that that’s maybe not the case.’

One study that offers some
90 hints was carried out by political scientists Joseph E. Uscinski and

Joseph M. Parent in 2014. They turned to the letters pages of the *New York Times* and the *Chicago Tribune* from 1890 to 2010, counting letters to the editor that referred to conspiracy theories. While they found spikes, such as in the 1950s during the 'Red Scare', when fear of communism was at its peak, the authors did not find that conspiracy theories have become more common – in fact, the level has remained fairly consistent.

8 105 This is what we would expect to find, says Brotherton: 'Believing in conspiracy theories is, at least in part, a psychological phenomenon. Everyone is on a spectrum: some 110 are more inclined to believe and some are less, and it makes sense that this would stay relatively stable over time.'

DEATH OF THE EXPERT

9 115 What has changed in the last decade, however, is that the rapid growth of the Internet has made it easier for conspiracy theorists to find each other, says Dr Harry 120 Dyer, a lecturer in education at the University of East Anglia. More than this, social media, Dyer explains, has had a levelling effect, meaning experts have less 3 than they 125 used to.

10 Dyer argues that this trend of toppling scientists from their pedestals is linked to the enormous political upheavals that have taken 130 place in the last few years. Take politician Michael Gove's famous 2016 claim that, 'People in this country have had enough of

experts,' when he was challenged 135 to name economists who supported Brexit. Or consider Donald Trump's presidential aide Kellyanne Conway's coining of the term 'alternative facts' in 2017, in order 140 to defend inflated claims of the crowd size at Trump's inauguration. Dyer says that this sort of rhetoric 'is being wielded more and more to say: we don't need knowledge, 145 we've got emotions, we've got our gut feelings about the world. It speaks to a general shift away from experts, which can have, as we've seen, quite dramatic effects.'

BIASED BRAINS

11 But why would someone be drawn to believing a conspiracy theory when there's so much evidence that points to the contrary? Brotherton 155 says that certain biases in our thinking can help to explain this. 'Our brain has a bias towards seeing meaning rather than just chaos, so sometimes we may think 160 we see a pattern when it doesn't really exist.'

12 Then there is proportionality bias, where we assume that if something big happens, such as a terrorist attack or a president being assassinated, something big must have caused it. 'President Kennedy was assassinated by a lone gunman who no one had ever heard of, 170 which psychologically does not fit with our intuition,' says Brotherton. So a conspiracy theory develops that it was caused by something bigger:

the Mafia, the CIA, the Illuminati.

175 Conspiracy theories seem shot-through with paranoia, and there is evidence to suggest that the more paranoid someone is, the more they tend to believe these theories. But Brotherton points out that studies 180 show that this is not severe, 'clinical level' paranoia. 'It's mundane, everyday suspicions that we all have to some extent – not outlandish, 185 tinfoil hat levels of paranoia.' Recent studies have also found that people who are more likely to believe in conspiracy theories also tend to have a need for uniqueness 190 – a desire to be in the small group of people who are 'in the know'.

14 Brotherton is careful to point out, however, that the characteristics linked with conspiratorial thinking are within all of us. 'These habits of mind can creep into a lot of beliefs that don't necessarily look like conspiracy theories on the surface,' he says. 'If 200 you think about a time you didn't get a job you think you deserved, you might find yourself wondering, "Maybe someone didn't want me to get it."' "

15 205 Wood agrees: 'If a conspiracy theorist is someone who believes in a conspiracy theory, then most of us are conspiracy theorists because most of us believe at least one.' So 210 perhaps the most dangerous thing of all is to assume that conspiracy theorists are all other people. <<





When the reading brain skims texts, we don't have time to grasp complexity, to understand another's feelings, or to perceive beauty. We need a new literacy for the digital age

A new literacy

BY MARYANNE WOLF

1 Look around on your next plane trip. The iPad is the new pacifier for babies and toddlers. Younger school-aged children read stories
5 on smartphones; older boys don't read at all, but hunch over video games. Parents and other passengers read on Kindles or skim a flotilla of email and news
10 feeds. Unbeknownst to most of us, an invisible, game-changing transformation links everyone in this picture: the neuronal circuit that underlies the brain's ability
15 to read is subtly, rapidly changing – a change with implications for everyone from the pre-reading toddler to the expert adult.

As work in neurosciences
20 indicates, the acquisition of literacy necessitated a new circuit in our species' brain more than 6,000 years ago. That circuit evolved from a very simple mechanism for
25 decoding basic information, like

the number of goats in one's herd, to the present, highly elaborated reading brain. My research depicts how the present reading brain
30 enables the development of some of our most important intellectual and affective processes: internalised knowledge, analogical reasoning, and inference; perspective-taking
35 and empathy; critical analysis and the generation of insight. Each of these essential 'deep reading' processes may be under threat as we move into digital-based modes
40 of reading.

This is not a simple, binary issue of print vs digital reading and technological innovation. We do not err as a society when we innovate,
45 but when we ignore what we disrupt or diminish while innovating. In this hinge moment between print and digital cultures, society needs to confront what is diminishing in
50 the expert reading circuit, what

our children and older students are not developing, and what we can do about it. We know from research that the reading circuit is
55 not given to human beings through a genetic blueprint like vision or language; it needs an environment to develop. Further, it will adapt to that environment's requirements
60 – from different writing systems to the characteristics of whatever medium is used. If the dominant medium advantages processes that are fast, multi-task oriented and
65 well-suited for large volumes of information, like the current digital medium, so will the reading circuit. The result is that less attention and time will be allocated to slower,
70 time-demanding deep reading processes, like inference, critical analysis, and empathy, all of which are indispensable to learning at any age.



75 **Comprehension deficit**

Increasing reports from educators and from researchers in psychology and the humanities bear this out. English literature scholar and teacher Mark Edmundson describes how many college students actively avoid the classic literature of the 19th and 20th centuries because they no longer have the patience to read longer, denser, more difficult texts. We should be less concerned with students' 'cognitive impatience', however, than by what may underlie it: the potential inability of large numbers of students to read with a level of critical analysis sufficient to comprehend the complexity of thought and argument found in more demanding texts, whether in literature and science in college, or in wills, contracts, and the deliberately confusing public referendum questions citizens encounter in the voting booth.

Multiple studies show that digital screen use may be causing a variety of troubling downstream effects on reading comprehension in older high school and college students. In Stavanger, Norway, psychologist Anne Mangen and her colleagues studied how high school students comprehend the same material in different mediums. Mangen's group asked subjects questions about a short story whose plot had universal student appeal (a lust-filled love story); half of the students read *Jenny, Mon Amour* on a Kindle, the other half in paperback. Results indicated that students who read on print were superior in their comprehension to screen-reading peers, particularly in their ability to sequence detail and reconstruct the plot in chronological order.

There's no digital looking back

Ziming Liu from San Jose State University has conducted a series of studies which indicate that the 'new norm' in reading is 'skimming', with word-spotting and browsing through the text. Many readers now use an F or Z pattern when reading in which they sample the first line and then word-spot through the



rest of the text. When the reading brain skims like this, it reduces time allocated to deep reading processes. In other words, we don't have time to grasp complexity, to understand another's feelings, to perceive beauty, and to create thoughts of the reader's own.

Liu also noted another dimension: physicality. More specifically, the sense of touch in print reading adds an important redundancy to information – a kind of 'geometry' to words, and a spatial 'thereness' for text. Human beings need a knowledge of where they are in time and space that allows them to return to things and learn from re-examination – what he calls the 'technology of recurrence'. The importance of recurrence for both young and older readers involves the ability to go back, to check and evaluate one's understanding of a text. The question, then, is what happens to comprehension when our youth skim on a screen whose lack of spatial thereness discourages 'looking back'.

Critical reading in the digital age

Media researchers Lisa Guernsey and Michael Levine, linguist Naomi Baron, and cognitive scientist Tami Katzir from Haifa University have examined the effects of different information mediums, particularly on the young. Katzir's research has found that the negative effects

of screen reading can appear as early as fourth and fifth grade – with implications not only for comprehension, but also on the growth of empathy. The possibility that critical analysis, empathy, and other deep reading processes could become the unintended 'collateral damage' of our digital culture is not a simple binary issue about print vs digital reading. It is about how we all have begun to read on any medium and how that changes not only what we read, but also the purposes for why we read. Nor is it only about the young. The subtle atrophy of critical analysis and empathy affects us all. It affects our ability to navigate a constant bombardment of information. It incentivises a retreat to the most familiar silos of unchecked information, which require and receive no analysis, leaving us susceptible to false information and demagoguery.

We need to cultivate a new kind of brain: a 'bi-literate' reading brain capable of the deepest forms of thought in either digital or traditional mediums. A great deal hangs on it: the ability of citizens in a vibrant democracy to try on other perspectives and discern truth; the capacity of our children and grandchildren to appreciate and create beauty; and the ability in ourselves to go *beyond* our present glut of information to reach the knowledge and wisdom necessary to sustain a good society. <<



AUDIO



Meghanomania

From the tabloids to the drawing rooms of great estates, the rumours fly – of court-defying couture, royal rifts, three-day parties, tiaras, and tantrums. Since her marriage, Meghan Markle has divided, but has she conquered, asks David Jenkins

1 It's tricky, being Meghan Markle. Even when people are sticking up for you, they're sticking the knife in you, too. Take Suzanne Moore in *The Guardian*. She wrote a piece knocking the tabloids for going on about the Duchess of Sussex's habit of cradling her bump, which was decent of her. But, she added, Meghan was not allowed to feel protective of her baby because 'her job is to breed in captivity'. That must have gone down well with the self-proclaimed feminist and activist – who, it's true, abandoned her socially conscious online accounts once she got married.

2 Get a charity cookbook published to raise money for victims of the Grenfell Tower fire, and there are whispers of disapproval from courtiers. Hang out with the Clooney/Beckham/Soho House set and be assailed for being too Hollywood, for forcing your hen-pecked husband to abandon his old, country-set muckers. It's been there from the beginning, that criticism. Savvy – but well-informed and well-connected – outsiders feel Meghan (nicknamed Me-Gain by palace staff)'s getting

bad advice. And that that advice comes not from palace regulars, but from Meghan's own connections. Connections who are blamed for Meghan's apparent decision to let friends brief *People* magazine about her dire relations with her father, her hand in writing Harry's speeches, her nail polish, her cooking, and her trust in God. 'She needs some pros,' said an image-business source, 'because the advice she's been getting is 1.' He paused, then added, 'Which is odd. I've met her two or three times, and she's quite a pro. She knows exactly what she wants. But she's almost dealing with everything herself, and that's dangerous.'

Harry

3 All this won't go down well with her new husband. 'Harry's a proud man,' said one insider, 'and a sensitive man. He'd be very upset at the idea of people criticising his wife. He's utterly besotted.' 'Utterly besotted' is spot on. (Palace denizens, who used to favour Harry over the petulant William, now complain that it's impossible

40 ever to catch the Duke of Sussex's eye; he's always gazing, cow-eyed with devotion, at his wife.) And the besottedness was clearly immediate. Violet von Westenholz brought the couple together, and two dates later Harry whisked Meghan off to Botswana where, he
45 said, 'We camped out with each other under the stars, sharing a tent and all that stuff. It was fantastic.' That was in August 2016; look at Harry looking at Meghan, and it's clear that nothing's changed.

4 But on the couple sailed. There was gossip – of course there was. That Prince Charles had met Meghan, been fascinated by her, but told a friend, 'I just hope he doesn't marry her'; that later, admiringly yet
50 overwhelmedly, he compared her to 'tungsten', conjuring up that metal to describe her strength of character. All well and good. We loved it. But one Hollywood friend
55 of mine shook his head and said, 'She's a piece of work,' which, in LA terms, is not a compliment.

5 Here on in, then, there is love, love, love from the public – and the press. Her half-sister though, the
60 nightmarish Samantha Markle was, and is, exactly that: a nightmare. Her father, Thomas, also didn't cover himself in glory but... Why didn't the palace take him in hand? Why wasn't he showered with affection and inclusivity? What was, and is, going on? It's strange not to have
65 any member of your family at the wedding, bar Doria, your lovely and dignified mother – providing, by the by, an excellent PR opportunity for the Prince of Wales to conduct himself really, really well with Ms Ragland. It was clever, too, of the Archbishop of Canterbury to suggest
70 the loquacious Bishop Michael Curry to give the address, and shrewd of Prince Charles to propose The Kingdom Choir for a rendition of 'Stand by Me'.

Kate and William

6 Meghan's glamour must be a hard pill for Kate to
75 swallow, too. It's not as though Kate and William were not in love when they married. But theirs had been a 10-year courtship, with ups, downs, and even break-ups. So the remarkableness of Kate was ... well, not entirely remarked on. She was, after all, a commoner, the first
80 ever to marry a future king. (Edward VIII renounced the throne to marry the commoner and divorcee that Mrs Simpson was.) But Kate had learnt to play the royal game. Almost too well. She hasn't put a foot wrong, but she has, in truth, played it safe. Not for Kate the
85 likes of a £56,000 Ralph & Russo gown when she was photographed for *Vogue*; instead, she wore a £24 top from Petit Bateau. Not for her the expensive clothes that Meghan wears, perhaps paid for by Meghan, perhaps by the Prince of Wales. Which, indeed, leads one shrewd
90 observer to ask, 'Where's the wonga going to come from when Charles is king? It'll be William who'll be handing out the Duchy money then. That'll be interesting.'

7 It will. William wasn't thrilled to be ticked off about his attitude towards Meghan. And Harry, some say, was
95 not thrilled when William advised him against rushing into marriage. William's a prickly character, and Harry's hot-headed. And, as can be seen from his 'what Meghan wants, Meghan gets' outburst, he'll fight his wife's corner

fiercely. The rumours may be false, but not as false as the speculation Meghan was pregnant on her wedding day – 'that's why the dress was so baggy,' one young woman assured me – and certainly not as false as the rumour that theirs is an IVF baby.

8 But it's rumours like that, and the drip, drip, drip
105 of stories about aides leaving Meghan's employ and servants being upset by her manner, that are making their lives such a 2. The Prince of Wales' enthusiasm for his daughter-in-law is being ignored, as is Meghan's role as the catalyst for a new warmth between Harry and
110 his father. People who've lunched with her have loved her; she's beautiful; she's clever; she's made Harry happy. What's not to like?

Antipathy

Even though Britain has ten times more interracial
115 relationships than the rest of Europe, according to a study quoted by Afua Hirsch, author of *Brit(ish): On Race, Identity and Belonging*, some of the antipathy must be racist, as it was of the biracial President Obama. Which is hard to stomach. Some of it is anti-American. Some of
120 it is captured in the *Daily Express* headline 'Loving... but dominating'. Some of it reflects sadness at the passing of the Jack the Lad Harry, the roguish Harry, the roistering Harry, in favour of a more sober, duller version.

10 And some of it is... some of it is the fact that people
125 love a good gossip. Love to hear that the Clooneys, sitting next to John and Lady Carolyn Warren at the wedding, were bickering in the choir stalls. Love to think that there are duchessly handbags at dawn. Not nice at all if you're the subject of it. And not nice when you're in
130 a foreign land, and not at all sure that royal insiders are on your side. Yes, it's tricky, being Meghan Markle. <<



WRvibe

BRITISH SUBTEXT



It has been said that Britain and America are two nations separated by a common language. Now a new survey reveals how Americans might find themselves in a pickle for having failed to understand what Britons really mean when they make certain statements. The survey is based on a humorous meme showing how foreigners don't understand the subtext of British English, for instance:

What the British say	What the British mean	What others understand
I only have a few minor comments	Please rewrite completely	He has found a few typos
That's not bad	That's good	That's poor
Very interesting	That is clearly nonsense	They are impressed
I'm sure it's my fault	It's your fault	Why do you think it was their fault?

The survey asked a total of 3,750 Britons and Americans which translation they think is right. While not all the phrases show a difference in Transatlantic understanding, there are some statements where many Yanks are in danger of missing the serious passive aggression the Brits employ.

The most notable variation is over what 'with the greatest respect' means. In the UK, the vast majority (68%) know that someone saying this to you is in the process of calling you an idiot. By contrast, only 40% of Americans believe the same – in fact they are more likely (49%) to take the statement at face value and believe it simply means 'I am listening to you'.

A FEW RESULTS

If during a discussion on the best way to do something, someone said the following phrase to you, which of the below comes closest to your interpretation of what they mean?

Statement

Interpretation A

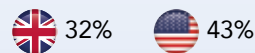
Interpretation B

I'll bear it in mind

'I've forgotten it already'

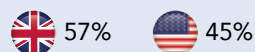


'I will probably do it'

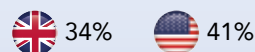


You must come for dinner

'It's not an invitation – I'm just being polite'

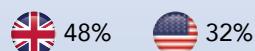


'I will send you an invitation soon'

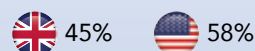


I hear what you say

'I disagree and do not want to discuss it further'



'I accept your point of view'



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