



adding life to your years

You want to know why your society is as it is? Look at how you treat your children. 'As the twig is bent, so the tree is shaped',
John Sutherland

CORONAVIRUS TRANSMISSION

FOOD PACKAGING - What are the chances?

In theory, it may be possible to catch Covid-19 from packaging material. And Emanuel Goldman, professor of microbiology at Rutgers University, has also pointed out that the lab studies used samples of up to 10 million viral particles, whereas the number of viral particles in - for example - an aerosol droplet sneezed on to a surface, was likely to be only about 100. Writing in The Lancet in July, he said: "In my opinion, the chance of transmission through inanimate surfaces is very small, and only in instances where an infected person coughs or sneezes on the surface, and someone else touches that surface soon after the cough or sneeze (within one to two hours)."

How could the virus be transmitted?

"It may be possible that a person can get Covid-19 by touching a surface or object that has the virus on it," says the US health agency, the Centers for Disease Control (CDC) on its website. However, it adds that "this is not thought to be the main way the virus spreads".

In fact, it is chiefly thought to spread directly from person to person:

- Between people who are in close contact with one another (within 2m (6ft))
- Through droplets produced when an infected person coughs, sneezes or talks
- When droplets land in the mouths or noses of nearby people (or they are inhaled into the lungs)

How can I stay safe?

The World Health Organization says, "There is currently no confirmed case of Covid-19 transmitted through food or food packaging". But it does list a number of precautions you can take to avoid cross-contamination.

It says there is no need to disinfect food packaging, but "hands should be properly washed after handling food packages and before eating".

If you're shopping for groceries, use hand sanitiser before entering the shop if possible, and wash your hands thoroughly afterwards, and also after handling and storing your purchased products.

It should also be safe to have groceries delivered if the delivery worker follows good personal and food hygiene practices. You should also wash your hands after accepting food and grocery deliveries. Some experts also recommend only using plastic bags once.

<https://www.bbc.com/news/explainers-53783890>

HOUSEHOLD ITEMS

BULK BUYING - 8 Things to Avoid Buying in Bulk, Even in a Pandemic

Only stock up on what you need and are sure you will use. There are some items that degrade or lose their efficacy over time.

Be sure to think twice about the following eight items before buying them in bulk.

1. Sunscreen

Bodge notes that [skin care products](#) containing SPF lose their protective powers over time. So even when the pandemic is nudging us all outdoors, resist the urge to go overboard with your supply of sunscreen.

2. Liquid detergents and cleaners

The pandemic may have boosted your hygienic habits and need for [disinfectants and other supplies](#). But, before you hoard all the cleaning products, remember that certain kinds lose their sanitizing strength over time.

3. Over-the-counter medicine

Budgeting expert [Andrea Woroch](#) recommends skipping bulk sizes of over-the-counter medicine. "It has an expiration date, and you only take it as needed," she says.

4. Flour

Even if you're still into the pandemic baking trend, make sure you don't overstock your flour supply. The baking staple does spoil and, past its prime, it can make your baked goods taste bad, though at least it's not likely to make you sick.

5. Cooking oil

Now that you've been eating at home a whole lot more, you might actually need a bigger bottle of cooking oil. Just be aware that it does spoil over time. How much time you have depends on the type of oil, and shelf lives vary greatly.

6. Spices

A little flavor can go a long way in a dish, but probably not for as long as you think. While properly stored ground spices can keep for two to three years after opening, according to [FoodSafety.gov](#), experts say they can start losing their flavor much sooner.

7. Canned goods

Don't worry about clearing out your bunker; canned foods really are built to last. In reality, it's not longevity that argues against buying canned goods in bulk but rather price. Supermarkets frequently discount both store brands and national brands, and those sales can be combined with manufacturer's coupons for prices that can undercut the per-can cost of a case purchased from a warehouse club.

8. Fresh fruits and veggies

Finally, the obvious: If you overbuy perishable food, some of it could end up in the trash if your family doesn't eat it all before it goes bad. This is probably the biggest downside to buying in bulk.

https://www.aarp.org/money/budgeting-saving/info-2020/8-bad-bulk-store-buys.html?cmp=EMC-DSO-NLC-RSS-SAPLA--CTRL-081920-P1-4794446&ET_CID=4794446&ET_RID=1554613&encparam=xRFt%2fR1zIctQhbOyU8zfo6RmN9nevV5HTXunpOObw5U%3d#quest1

ALCOHOL

WINE - additives

Most wines today are highly processed, just like most foods—filled with toxic trace chemicals that can carry serious health risks. Almost all modern vineyards spray with chemicals, such as the weed-killer Roundup, whose active ingredient, glyphosate, has shown strong associations with a range of diseases, including cancer and Parkinson's.

As a result of successful lobbying efforts from the wine industry, wine is the only major food product with no ingredients label. Wines may contain dozens of toxic additives, and you wouldn't know. U.S. wine producers can legally, and without disclosure, use 76 different FDA-approved additives without disclosing any of them on the bottle—substances like mega purple colouring dye, fish bladders, sulphur dioxide, and dimethyl dicarbonate, which is so toxic that it must be applied by specialists in hazmat suits.

The process of creating these new wines also impacts on the environment. More than 95 percent of U.S. vineyards are now irrigated—and irrigation leads to diluted fruit and weaker plants. Fifteen years ago, the average alcohol level in wine was 12.5 percent; today, the average is more than 14 percent. With this higher alcohol content, it's harder to enjoy wine without a host of negative consequences: hangovers, headaches, stomach issues, brain fog and poor sleep.

<https://thepuristonline.com/2019/07/is-your-wine-full-of-toxins/>

QUIZ

A - What do the following novels have in common (apart from the fact you haven't read them)? *His Family, The Secret City, Raintree County, Something to Answer For*?

B - *What, partnering, do My Antonia, Night and Day, The Naked and the Dead, The French Lieutenant's Woman* have in common (other than the fact that you have read them)?

Answers at the end of this newsletter.

OBESITY

NEW STUDY

This states that obesity should be defined by a person's health - not just their weight.

It also advises doctors to go beyond simply recommending diet and exercise and instead they should focus on the root causes of weight gain. The guideline specifically admonished weight-related stigma against patients in the health system. Instead of simply advising patients to "eat less, move more", the guideline encourages doctors to provide supports along the lines of psychological therapy, medication and bariatric surgery like gastric-bypass surgery. The guideline doesn't completely do away with standard weight-loss advice and advises that all individuals, regardless of body size or composition, would benefit from adopting a healthy, well-balanced eating pattern and engaging in regular physical activity. However, it notes that keeping the weight off is often difficult because the brain will compensate by feeling hungrier, thus encouraging people to eat more. Many studies have shown that most people who lose weight on a diet gain it back. Diets simply don't work.

<https://www.bbc.com/news/world-us-canada-53656651>

MUSIC

MUSIC NOURISHES AND DELIGHTS

Music is not only enjoyable, research shows it can be good for your mind, heart, and soul. Fortunately it's a habit that's more common among those over 50 — and it pays off. Both casual and focused listeners, in fact, had slightly higher average scores for mental well-being and slightly reduced levels of anxiety and depression compared to people overall, the research found.

Musical Exposure

The survey discovered introduction to music early in life led to lasting interest and benefits. About 68 percent of those who say they were exposed to music as a child often rated their ability to learn new things as excellent or very good,

compared to 50 percent of those who never were exposed to music growing up. Quality of life ratings were also higher among those who indicated music was part of their elementary school experience.

About half of all adults (48 percent) have played a musical instrument, either solo or as part of a group. Piano and acoustic guitar are the most popular.

Three-quarters of respondents, meanwhile, say they have engaged in singing as part of a choir or on their own — women more often than men (83 percent vs. 71 percent). Dancing is also popular among two-thirds of adults, more so among women and African-Americans, AARP found. Active musical engagement, especially among those over 50, was connected to higher rates of happiness and cognitive function.

Importantly, it is never too late to reap the benefits of music appreciation. Among adults ages 65 and older, engagement in music amplifies the mental well-being effects of early music exposure or makes up for a lack of initial music exposure. Adults with no early exposure to music but who currently engage in some music appreciation show above average mental well-being scores thus making up for a lack of early exposure.

<https://www.aarp.org/research/topics/health/info-2020/brain-health-and-music.html?CMP=EMC-PRI-NLC-RSRCH-HEALTH-073020-F1>

THE FUTURE

WELCOME TO TOMORROW - Some very interesting predictions

Here are a few random selections from the article.

- Auto repair shops will disappear.
- In 1998, Kodak had 170,000 employees and sold 85% of all photo paper worldwide. Within just a few years, their business model disappeared and they went bankrupt. Who would have thought of that ever happening?
- Software has disrupted and will continue to disrupt most traditional industries in the next 5-10 years.
- UBER is just a software tool, they don't own any cars, and are now the biggest taxi company in the world! Ask any taxi driver if they saw that coming.
- Airbnb is now the biggest hotel company in the world, although they don't own any properties. Ask Hilton Hotels if they saw that coming.
- Artificial Intelligence: Computers become exponentially better in understanding the world. This year, a computer beat the best Go-player in the world, 10 years earlier than expected.
- In the USA, young lawyers already don't get jobs. Because of IBM's Watson, you can get legal advice (so far for right now, the basic stuff) within seconds, with 90% accuracy compared with 70% accuracy when done by humans. So, if you study law, stop immediately. There will be 90%

fewer lawyers in the future, (what a thought!) only omniscient specialists will remain.

- Watson already helps nurses diagnosing cancer; it's 4 times more accurate than human nurses.
- Insurance companies will have massive trouble because, without accidents, the costs will become cheaper. Their car insurance business model will disappear.

Let us wake up to the 21st century challenges.

<https://www.linkedin.com/pulse/welcome-tomorrow-actually-arrived-few-years-ago-ravindra-kirti>

1969 BITS AND BOBS

BOEING 747

British Airways have retired their 747's, an end hastened by Covid 19: just as the Concorde was retired in 2003 due to a single accident.

1969 was a year of four remarkable achievements

- 9 February 1969 was the maiden flight of the 747
- 2 March 1969 was the maiden flight of the Concorde
- 16 July 1969 was the launch date of Apollo 11 leading to the first moon landing on 20 July.
- 29 October 1969 a group of men gathered at the University of California to do the first ever test what would become the internet.

Many believe that the advent of the 747 and container ships heralded the end of passenger liners, such as the Union Castle liners. (Very different ships from cruise liners.)

- In 1970 ISO ([International Organization for Standardization](#)) set the standard for the first TEU (twenty-foot equivalent unit) ship container. A year before, 1968, the first Japanese container ship de: Hakone Maru had started sailing and could carry 752 TEU containers.
- 747 freighters will still be flying for many years. The aircraft has the same reputation for ruggedness as Douglas's DC3 Dakota, some of which are still being used, the last one came off the production line in 1946 but there are still some in revenue service and as cargo aircraft.
- The Saturn V is still the largest and most powerful machine ever built by man. Standing at more than 100m (363ft), the Saturn V rocket burned some 20 tonnes of fuel a second at launch. Propellant accounted for 85% of its overall weight. Yet, a NASA scientist said that, "Putting a man on the moon was easy compared to getting Concorde to work."
- During the winter evening service to New York we would take off in the dark and, heading west, we would experience a spectacular golden glow 'sunrise'. The aircraft flying faster than the rotation of the earth would

catch up the sun and we could watch it 'rising' and then setting again before we landed. This was a completely unique experience. Before the supersonic experience no man had seen the sun 'rise' in the west. **Vintage Champagne on the Edge of Space by Sally Armstrong, Kindle Edition**

- The Concorde could supercruise which means it could fly at supersonic speed without using its afterburners which consumes large amounts of fuel and limits range. Some military aircraft can supercruise for short periods but none at the speed of Concorde. Concorde holds the record for the most time spent in supercruise; more than all other aircraft combined. The fastest aircraft ever, The Lockheed SR-71 "Blackbird" reconnaissance, could not supercruise.
- On 7 February 1996 British Airways Concorde G-BOAD between New York and London in a world-beating time of 2 hr 52 min 59 sec. The plane covered the 6,035 km (3,750 miles) at an astonishing average speed of 2,010 km/h (1,250 mph).
- In February 2020 a British Airways 747-400 set a record of 4 hr 56 min on this route aided by a jet stream. (Jet streams are fast flowing, narrow, meandering [air currents](#) in the atmosphere.) The normal average time is 7 hrs 20 min.

51 years on and the jury is still out on whether the internet will prove to be a blessing or a curse.

LANGUAGE AND LITERATURE

A TOPICAL WORD

fomites

- MEANING:
noun: Any inanimate object, such as a book, money, carpet, etc., that can transmit germs from one person to another.
- ETYMOLOGY:
From Latin fomites, plural of fomes (touchwood, tinder), from fovere (to warm). Earliest documented use: 1803.

A.Word.A.Day with Anu Garg

A LIVING, ORGANIC, EVER-CHANGING THING.

Johnson (Note) did not merely offer 'definitions', he traced how the meanings of words evolved over time and how they contain within themselves all sorts of ambiguities and multiple meanings according to where, when and how they were used. He demonstrated this complexity with some 150,000 historical examples. Take an example from the very 'best' writer of all, and the text that so struck the nine-year-old Samuel. In Hamlet, as the drowned Ophelia is being buried, Gertrude throws something into the open grave, with the comment

'Sweets to the sweet. Farewell!' But what is she throwing? Chocolates? Biscuits? Sugar cubes? No, fresh flowers. For the Elizabethans, the adjective 'sweet' primarily indicated what one could smell with the nose, not what one could taste with the tongue, which is how we generally use it now. This earlier usage, among others, is the kind of thing recorded by Johnson. The major point Johnson makes in the Dictionary is that language – particularly the language that writers use – cannot be set in stone. It is a living, organic, ever-changing thing.

Note: A Dictionary of the English Language by [Samuel Johnson](#) published 15 April 1755.

A Little History of Literature by John Sutherland

EPICS

Could Luxembourg, or the Principality of Monaco, however gifted its authors, host an epic? Could the multinational European Union have one? Such states can create literature, great literature, even. But they cannot create epic literature. When the Nobel Prize-winning novelist Saul Bellow asked his insulting question, 'Where is the Zulu Tolstoy, where is the Papuan Proust?' he was, essentially, making the point that only great civilisations have great literature.

A Little History of Literature by John Sutherland

TECHNOLGY

SOBERING THOUGHTS

- The story of the computer's role in the deception of the American people about the bombing of Cambodia is just one example of the way that computers are now affecting our morality, our ethics and our appreciation of the truth. More fundamentally, it shows how computers are changing our values—what we think is important—and the very process of thought.
- "Hewlett Packard, IBM and most of the rest of the industry are in the business of selling computers, not musing on their implications," he said during a leisurely lunch at a club located in the hills looking down on California's Silicon Valley, the corporate computer centre of the world. "We have no resident philosopher. Very few of our executives give much thought to problems like the invasion of privacy or the concentration of power in the hands of fewer and fewer organizations."

The Rise of the Computer State by David Burnham

THE SYSTEM – The Internet or World Wide Web

This summary of James Ball's book may give you an inkling of its components. When it comes to the internet, there is a truth we need to acknowledge early: this story is overwhelmingly Western, and overwhelmingly male. Trying to tell the story without noting this fact – and, as we go, noting the effects of this

homogeneity in missing some of the mistakes on the path – would be to tell the story badly.

The book opens with

the architects, its earliest pioneers. While the internet has recently turned fifty years old, most of its founders still live. Then there are

the cable guys: the people who own and operate the cables that make up the physical internet itself, then come

the custodians who actually run the core mechanics of the internet. When you type in a web address, do you know who's in charge of deciding which computer you're asking to be connected to? Beyond these there is one more power in the online world

the money men. The driving force behind almost every household name in the tech world is venture capital, a business model based on dropping millions of dollars into companies in the hope that they will grow exponentially fast, and then sell for hundreds of millions, if not billions. They rely on the following to grow their money

the ad men, the people responsible for targeting and tracking you in thousands of ways on the internet every day. Beyond these lie

the cyber warriors of the planet have a duty to protect us online, but also to spy on adversaries, a dual role and a tension which has left us all vulnerable. And finally, we get

the rulemakers, the regulators who are supposed to be actually governing this mess, and

the resistance: activist groups trying to hold the internet's power in check.
The System by James Ball

SAARP SERVICES

SHORT TERM INSURANCE

NOTICE !!

Alexander Forbes have sold their insurance business to Momentum
SAARP policy holders continue with no change

Please go to www.saarp.net and click on the Benefits tab to see our range of member services:

Home ▾ Benefits Communication ▾ Social Clubs Contact Us Join Now Advertisements

SAARP NEWS

MEMBER FEEDBACK

AUGUST NEWSLETTER –Members’ verbatim comments

- Hi I just want to thank you for a very interesting News Letter. Pamela
- Congrats on another excellent SAARP newsletter.
- SAARP, Baie dankie vir jul nuusbrieff elke maand. Ek waardeer en dis inspirerend om al die betekenisvolle artikels te lees en daaruit te leer
- would like to say that I very much enjoyed the last newsletter. The stories are many and varied and there is lots there for everyone. I would not like to select 3 topics and lose out on others. Thank you for the effort you (all?) put in.
- Vreeslike oulike leestof
- Thank you for the newsletter, very interesting.

SAARP HOLIDAY CLUB

NOTE: Due to unprecedented demand for our holiday offers, we will restrict the number of points available each month.

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

| RESORT | AREA | DATE | UNIT | PRICE |
|--------------------------|-----------------|---------------|-----------|----------|
| BOOKINGS FOR 2020 | | | | |
| ROYAL ATLANTIC | SEA POINT | 23-27 NOV | 1 BEDROOM | R3220 |
| WATERBERG GAME PARK | LIMPOPO | 23-27 NOV | 1 BEDROOM | R3220 |
| PLACID WATERS | SEDFIELD | 23-27 NOV | 1 BEDROOM | R3220 |
| KIARA LODGE | CLARENS | 30/11 - 4 DEC | 1 BEDROOM | R3220 |
| FORMOSA BAY | PLETTENBERG BAY | 19-23 Oct | ! BEDROOM | R1207.50 |
| BOOKINGS FOR 2021 | | | | |
| CLUB MYKONOS | LANGEBAAAN | 1-5 FEB | 2 BEDROOM | R3220 |
| CLUB MYKONOS | LANGEBAAAN | 3-7 MAY | 2 BEDROOM | R3220 |
| CLUB MYKONOS | LANGEBAAAN | 3-7 MAY | 1 BEDROOM | R2415 |
| PLACID WATERS | SEDFIELD | 10-14 MAY | 1 BEDROOM | R2012.50 |
| CLUB MYKONOS | LANGEBAAAN | 17-21 MAY | 1 BEDROOM | R1610 |
| CLUB MYKONOS | LANGEBAAAN | 17-21 MAY | 2 BEDROOM | R2012.50 |
| CLUB MYKONOS | LANGEBAAAN | 7-11 JUNE | 1 BEDROOM | R1610 |

| | | | | |
|---------------------|-----------------|---------------|-----------|----------|
| TABLEVIEW CABANAS | BLOUBERG | 24-28 MAY | 1 BEDROOM | R1610 |
| CAYLEY LODGE | DRAKENSBERG | 1-5 FEB | 1 BEDROOM | R3220 |
| CAYLEY LODGE | DRAKENSBERG | 31/5 – 4 JUNE | 1 BEDROOM | R2012.50 |
| FORMOSA BAY | PLETTENBERG BAY | 22-26 FEB | 1 BEDROOM | R2415 |
| DOLPHIN VIEW | UMDLOTI | 24-28 MAY | 1 BEDROOM | R1610 |
| KIARA LODGE | CLARENS | 1-5 FEB | 1 BEDROOM | R3220 |
| WATERBERG GAME PARK | LIMPOPO | 31/5 – 4 JUNE | 1 BEDROOM | R1610 |
| MABALINGWE | BELA BELA | 18-22 JAN | 1 BEDROOM | R3220 |
| CASTLEBURN | DRAKENSBERG | 1-5 FEB | 1 BEDROOM | R3220 |
| CRYSTAL SPRINGS | PILGRIMS REST | 10-14 MAY | 2 BEDROOM | R2012.50 |
| CAYLEY LODGE | DRAKENSBERG | 25-29 JAN | 1 BEDROOM | R3220 |
| HAZYVIEW CABANAS | HAZYVIEW | 25-29 JAN | 2 BEDROOM | R2817.50 |
| HAZYVIEW CABANAS | HAZYVIEW | 8-12 MARCH | 2 BEDROOM | R2817.50 |
| SONDELA NATURE R | BELA BELA | 1-5 MARCH | 2 BEDROOM | R4025 |
| KIARA LODGE | CLARENS | 10-14 MAY | 1 BEDROOM | R2012.50 |
| BROOKES HILL | PORT ELIZABETH | 10-14 MAY | 2 BEDROOM | R2415 |
| DIKHOLOLO | BRITS | 18-22 JAN | STUDIO | R2012.50 |
| DIKHOLOLO | BRITS | 19-23 APRIL | STUDIO | R2012.50 |

NOTE 1: The above prices include 15% VAT.

NOTE 2: The price is for the entire period.

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

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

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

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

Fax : 021 592 1284

E-mail: info@saarp.net

And remember to quote your ID Number and name.

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

Contact us at SAARP Tel: 021 592 1279

Fax: 021 592 1284

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

e-mail: info@saarp.net

Or see it all at www.saarp.net

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TRIVIA

SNIPPETS

- The Titanic ocean liner was one of the proudest industrial achievements, and greatest disasters, of the century. As the poem puts it:
And as the smart ship grew In stature, grace, and hue, In shadowy silent distance grew the Iceberg too.
Reading the poem, one wonders what icebergs are growing for us, in our world.
- Nature smiles at the union of freedom and equality in our utopias. For freedom and equality are sworn and everlasting enemies, and when one prevails the other dies. **The Lessons of History**

HEADLINES 2005

- Something Went Wrong in Jet Crash, Expert Says
- Police Begin Campaign to Run Down Jaywalkers
- Miners Refuse to Work after Death
- Juvenile Court to Try Shooting Defendant
- War Dims Hope for Peace
- If Strike Isn't Settled Quickly, It May Last Awhile
- Cold Wave Linked to Temperatures
- New Study of Obesity Looks for Larger Test Group
- Kids Make Nutritious Snacks
- Local High School Dropouts Cut in Half
- Typhoon Rips Through Cemetery; Hundreds Dead

THOUGHT FOR THE YEAR

I'm not a natural conspiracy theorist. I instinctively trace the source of human catastrophe to incompetence, a quality in which our species is far more awash than malign intent.

The Spectator - Which leads us nicely to:

STOP PRESS

2020 IG NOBEL WINNERS.

Medical Education:

Jair Bolsonaro of Brazil, Boris Johnson of the United Kingdom, Narendra Modi of India, Andrés Manuel López Obrador of Mexico, Alexander Lukashenko of Belarus, Donald Trump of the USA, Recep Tayyip Erdogan of Turkey, Vladimir Putin of Russia, and Gurbanguly Berdimuhamedow of Turkmenistan,

for using the Covid-19 viral pandemic to teach the world that politicians can have a more immediate effect on life and death than scientists and doctors can.

BBC

The **Ig Nobel Prize** is a satiric prize awarded annually since 1991 to celebrate ten unusual or trivial achievements in scientific research, its stated aim being to "honour achievements that first make people laugh, and then make them think." The name of the award is a pun on the Nobel Prize, which it parodies, and the word *ignoble*. **Wikipedia**

ANSWERS TO QUIZ

A - A curious curse of utter oblivion lies on the first novels chosen by judges for newly launched, high-prestige, literary prizes. Everyone a clunker.

B - Everyone a best seller.

Curiosities of Literature: A Feast for Book Lovers by John Sutherland.

Ray Hattingh

PS History is a vast early warning system. Norman Cousins

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e-mail: info@saarp.net

Or see it all at www.saarp.net

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