

Hidden Heart Disease: Are You at Risk?



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Reader's Digest

Halle Berry
'I'm on this earth to help other people'

**Be
Happy
Now!**

It's simpler than
you think

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**Celebrate
Mother's
Day in Style**

The Lessons of a Disaster

I FOUND MYSELF gasping for air while reading "Tsunami" (March 2005). The chaos and tragedies left horrors that no-one can erase. If only proper education about tsunamis and sophisticated detection devices had been available, many people could have been saved.

Let's pray that like Japan after World War II, our Asian friends will be able to rise up from the destruction. I believe there are many good people who will play a role in lifting them up.

CARLO M. GUBAN, Philippines

→ I LOST MY BOYFRIEND in the December tsunami. I didn't even know he was in Thailand until his best friend e-mailed and told me that his body had been found in a mass grave and that the DNA samples taken from his wristwatch matched.

Life is different without him. However, I thank everyone who contributed their strength, time and energy to identify my boyfriend's body. I contributed nothing except my prayers. Their efforts meant a lot to me because there are so many missing victims who will never be identified. Their families must still be traumatised.

PHOTO: © ARKO DATTA/PICTURE MEDIA/REUTERS



Hopefully all the victims' families and friends can be strong and carry on with life. I'm sure the last hope of our loved ones was that we live a happy life. May all their souls rest in peace.

BELLE LAW, Malaysia

WE CANNOT BLAME the people who did not manage to warn the tourists and locals near the beach because we cannot turn back time. In future, however, we do not want the opinion of people like Samith Dharmasaroja in Thailand to go unheeded. The installation of early warning systems must happen soon, as well as better co-operation among the governments of neighbouring countries and international agencies.

We can't predict what disasters will come in the next 40 years, but we don't want to be unprepared.

EILEEN CHAN, Malaysia