

# ASIA Reader's digest



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Germany's  
Town  
of Gold

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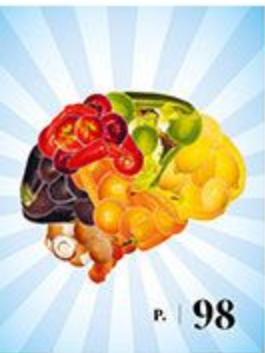
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COVER: ISTOCK



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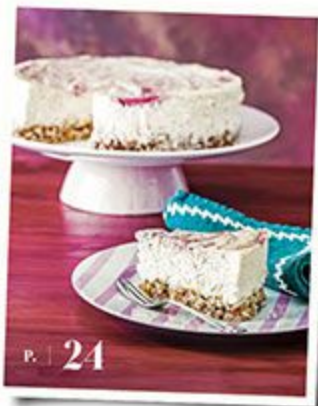
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*Syrian doctor  
Arij Mulhem trained  
at St Elisabeth,  
a hospital in  
Leipzig, Germany*

Syrian doctors are seizing the chance  
of a new life in Germany, where practitioners  
are in short supply

# DOCTORS

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WITH

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# NEW


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# BORDERS

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BY ELISABETH BRAW  
FROM FOREIGN POLICY

PHOTO: TOBY BENDER



A growing number of parents are learning they also have ADHD after witnessing their kids get diagnosed

“I’m an Adult Living with ADHD”

BY HELEN SIGNY

**CHAOS FOLLOWS MY HUSBAND,** Peter, wherever he goes. In the morning, he can spend half an hour returning to the house to collect forgotten wallets and keys. His desk is overflowing with papers that need attention, and if he’s been using the computer, 30 browser windows are open. He’s been vowing to mend the bathroom

door for six months now. Our son was diagnosed with attention deficit hyperactivity disorder (ADHD) a few years ago. I was reading about the condition in bed that same night and turned to Pete. “Who does this sound like?” Sure enough, it turned out he’d had the condition all his life, and had never known it.

PHOTOS: ISTOCK



LEMON JUICE  
LIFTS  
INK STAINS

It's a breeze to finish chores, make repairs and clean messes – using common items you already own

PRODUCED BY KELSEY KLOSS

# 32 Extraordinary Uses for Ordinary Things



MILK POLISHES  
LEATHER



ALUMINIUM FOIL  
SCRUBS  
POTS CLEAN

## Everyday Cleaning Hacks

**ALUMINIUM FOIL SCRUBS POTS CLEAN** No scrubbing pad? Use aluminium foil as a temporary replacement. Crumple a handful and use to scour and polish stainless steel pots (foil may damage non-stick pots).

**COOKING SPRAY REMOVES SHOWER SOAP SCUM** Conventional cleaners may not dissolve stubborn soap build-up on shower screens. Spray the glass with cooking spray and leave for 30 minutes. The oil slides between the glass and the soap scum, making