

## **Sherlock Holmes**

The heath was covered with golden patches of flowering gorse, gleaming magnificently in the light of the bright spring sunshine. Behind one of these clumps I took up my position, so as to command both the gateway of the Hall and a long stretch of the road upon either side. It had been deserted when I left it, but now I saw a cyclist riding down it from the opposite direction to that in which I had come. He was clad in a dark suit, and I saw that he had a black beard. On reaching the end of the Charlington grounds he sprang from his machine and led it through a gap in the hedge, disappearing from my view.

A quarter of an hour passed and then a second cyclist appeared. This time it was the young lady coming from the station. I saw her look about her as she came to the Charlington hedge. An instant later the man emerged from his hiding place, sprang upon his bicycle, and followed her. In all the broad landscape those were the only moving figures, the graceful girl sitting very straight upon her machine and the man behind her bending low over his handle-bar, with a curiously furtive suggestion in every movement. She looked back at him and slowed her pace. He slowed also. She stopped. He at once stopped, too, keeping two hundred yards behind her. Her next movement was as unexpected as it was spirited. She suddenly whisked her wheels round and dashed straight at him!

*(The Return of Sherlock Holmes by Sir A. Conan Doyle)*

## **Sir David Attenborough at 91: I am more encouraged more than ever about the future**

Sir David Attenborough has said he feels optimistic about the future of the environment because of a shift in attitudes towards protecting the natural world.

The 91-year-old veteran broadcaster, whose career has spanned seven decades, said there were “signs of hope” for planet Earth as more countries were improving conservation efforts.

Speaking at the Edinburgh International Television Festival, Sir David said: “I spend a lot of time wringing my hands and saying how dreadful it is that this forest has been obliterated and that sea has been polluted and whatever. But there are signs of hope.

“There has been a worldwide shift, I think, among people in general about the concern there should be for the natural world. I am encouraged more than I have been for some time.”

The naturalist said he was encouraged by the 2016 Paris climate agreement, which united the world’s nations in tackling climate change. He said the agreement was a “big advance” despite President Donald Trump announcing he would withdraw the US from the deal earlier this year.

“I would like to think the reason that political figures can adopt that sort of policy, which they know will be at a cost to their national economies, is that they are beginning to realise that people worldwide wish for that to happen because they wish to protect their natural world.

<http://www.independent.co.uk/news/uk/home-news/david-attenborough-91-future-environment-planet-earth-conservation-edinburgh-festival-climate-change-a7911696.html>

## **How happiness affects our health?**

Doctors, psychologists, economists and other experts have recently got together to find out what makes us happy and have come to surprising results.

One of the main topics was how to measure happiness. While some experts state that there are many ways to measure happiness, like capturing a person's feelings, satisfaction in life or being healthy and physically fit, others say that you can't really measure happiness but you can see it.

While money does play an important role for many, once they have enough to support their style of living they focus on other values. In many cases, friends and a functioning family are more important. Most people also need meaningful and creative work to find happiness.

Studies have also found that there is a connection between happiness and health. In general, people who are happier have a better overall health. Their immune system works better and they are not as stressed as others. In addition, happier people may be able to live longer and enjoy their happiness. Data also suggests that those who laugh a lot, have a good sense of humor and are often in a good mood are also happier.

Is there a way of learning happiness or improving it? Some experts say that if people express their thanks and gratefulness they can become happier. Engaging in informative conversations can also contribute to more satisfaction and happiness. Not surprisingly, men feel that a good love relationship is an important factor in being happy. Happiness is also contagious. Reports say that if you happen to have a member of your family or a friend near you who is happy, chances are you will be happy too.

<http://www.english-online.at/news-articles/health-medicine/how-happiness-affects-our-health.htm>