



Ray Strange, Rachael Hale

ON THE SHELVES

Cats and dogs

"Dogs are social. Cats are sociopaths." There's not a note of compromise in Bradley Trevor Greive's new book, *Why Dogs Are Better Than Cats*. "Cats are nature's way of saying, 'Whatever'", he writes. "They cannot distinguish between an axe murderer and a flying nun. Dogs, on the other hand, are gifted judges of character." If Trevor Greive sounds hopelessly biased, he at least has research on his side. In 2002, scientists at Harvard University proved that dogs are more adept than chimpanzees (our closest relative in the animal kingdom) at intuiting human emotion. They are also far more intelligent than cats, according to a recent study from Britain's Canterbury Christ Church University. But despite this, it seems cats are winning the war for our affection, now outnumbering dogs globally by some 200 million. "It's raining cats," Trevor Greive complains in his book, which is out later this month. "But popularity, as Britney Spears will attest, is no hallmark of quality or even true affection."

tuck my kids in bed the night before a 9am meeting in Melbourne and easily be home for dinner that same night. We also have the Snowy Mountains on our doorstep.

If I hadn't been a marathon runner I would have kept working in the medical and health sciences, the area I studied after graduating. It's the area I'm working in now, addressing child and adult health and fitness issues.

I've had plenty of injuries that have stopped me doing things and I hate that feeling. I now know how to manage my body to keep it in good shape and hopefully peak performance.

The living person I most admire is a diminutive 70-year-old Okinawan man named Sensei Morio Higaonna. Ten years ago I took up Goju Ryu karate, and he is the head of our style. This man's humility is in complete contrast to his lethal power and ability. He has dedicated himself to developing and promoting traditional karate, focusing on improving the "person" through training the body, the spirit and the mind.



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Number of people who have died in drug-related violence in Mexico since the start of 2007, after president Felipe Calderon declared war on drug traffickers

