

**HOW TO DEAL WITH ANGER**

Anger is an emotion. Many people do classify it as a negative one, but some others think it is just one more emotion. Science rule is not to give a moral classification of emotions but to explain their origin for people understand better how to deal with them.

Anger comes up when others don't do what we want or expect them to do. It emerges inside of us and is provoked by others' actions. When we expect to be respected and we aren't; when we want to be treated with love and people offend us; when we expect to get a job and it is given to other person; when we want the obedience of a son and he disobey us; and so many other things. When our will or our expectations are not satisfied, the anger comes up.

The biggest problem is not the emotion in itself but the way we deal with this anger. If we feel affected just a little bit we can only show our unpleasantness and reproach the person, but if we feel very affected we are going to react with intensity, sometimes even with violence. This intensity depends a lot on the value we give to what we expected and didn't receive.

For example, if we enter in a shop and say “good morning” and nobody answers us, this can annoy us if we expect employees to be polite. But it may not be important if we don't have that expectation.

If a father gives an order to a son and he doesn't fulfil it, this father may feel very angry because he thinks the son disrespected his authority. And if a husband comes home tired and expecting to be welcomed with a hug and a good dinner and only receives complaints because he forgot to bring the children's milk, he can feel very angry and react violently against his wife.

Anger should not be repressed but if we express it wrongly it can be a source of tension and conflict, both in family and society, in general. These tensions and conflicts could originate physical, psychological and social illnesses.

If anger comes up when others don't do what we want or expect them to do, then, we need to understand the difference between aims and desires. An aim is something that we want to achieve and just depends on our effort. A desire is something that we would like to happen but doesn't depend only on us, it involves others' lives; we can expect to achieve it but we must also understand that it can never happen and we need to be prepared for that. If we learn to think like that we can avoid anger to come up or we can control it better when it comes. We cannot force others to act as we want, against their will, and maintain, at the same time, a good relationship with them.

We need to understand that we can expect things from others but never have guaranty to achieve them, and this should not make us angry. That anger will only be detrimental to our health and to our relationships.

Our desires shouldn't be our aims. Aims depend only on us.

Have the aim of learning to deal well with your anger. It's possible to control it!

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**HEALTH**

**'World's worst' super-gonorrhoea man cured**



A man in the UK who caught the world's “worst-ever” case of super-gonorrhoea has been cured. Sexual health doctors say he was “very lucky” and the case was a “major wake-up call for everybody”. He picked up the superbug having sex with a woman in South East Asia, despite having a British partner. It was the first-ever case of the infection being incurable with first choice antibiotics, but now two similar cases have been reported in Australia. The original case

came to light last month and was linked to travel earlier in the year. The main antibiotic treatment - a combination of azithromycin and ceftriaxone - failed to treat the disease. A detailed analysis of his infection suggested one last antibiotic might work and he has since been treated with ertapenem. Dr Gwenda Hughes, the head of sexually-transmitted infections at Public Health England, said: “We are pleased to report that the case of multi-drug resistant gonorrhoea has been successfully treated.” The public health body launched an investigation to track down any further cases - including in his British partner - but says the superbug has not spread in the UK. Discussions between Public Health England, the World Health Organization and the European Centres for Disease Control agreed this was the most serious case of antibiotic-resistant gonorrhoea ever detected. But now two “similar” cases have been discovered in Australia. One also had sex in South East Asia, the other reported no foreign travel. Dr Hughes said they will be “challenging” to treat and were a “timely reminder” to everyone that super-gonorrhoea is likely to be more common in the future. **What is gonorrhoea?** The disease is caused by the bacterium *Neisseria gonorrhoeae*. The infection is spread by unprotected vaginal, oral and anal sex. Symptoms can include a thick green or yellow discharge from sexual organs, pain when urinating and bleeding between periods. However, vaginal and rectal infections often have no symptoms. An untreated infection can lead to infertility, pelvic inflammatory disease and can be passed on to a child during pregnancy. Dr Olwen Williams, the president of the British Association for Sexual Health and HIV, said the case was a “major wake-up call for everybody”. She told the BBC: “He was very lucky that he still had one remaining antibiotic that was used successfully. “Our concern is in the future there might be no antimicrobials that will work.” She said people needed to be aware that the risk of picking up superbugs is higher in countries that use antibiotics less carefully. Antibiotics are available to buy over the counter in many countries around the world, unlike in the UK where a prescription from a doctor is needed. It means the drugs are likely to be overused, driving up rates of resistance. Dr Williams said: “We have to be aware when we travel that is potentially what we pick up. “If you have unsafe sex anywhere in the world, get checked out when you come back before having sex with other partners.” She also warned cuts to sexual health services were hitting “in a world where have to tackle multi-drug resistant gonorrhoea and rising incidence of syphilis” and that was a “significant concern”. *BBC*

**CROSSWORD**

**Across:** 7. Offers 4. 8. Hazard 10. British 11. Trail 12. Leek 13. Smart 17. Moral 18. Lear 22. Spurs 23. Neptune 24. Ostend 25. Red Sea 27. **Down:** 1. Tombola 2. Officer 3. Trait 4. Masters 5. Madam 6. Oddly 9. Champagne 14. Consent 15. Bequest 16. Arsenal 19. Aston 20. Hunts 21. Opted

**SUDOKU**

3	6	1	7	8	4	2	5	9
8	2	9	1	5	6	3	7	4
5	4	7	3	2	9	6	8	1
9	5	4	6	1	3	7	2	8
2	8	6	9	7	5	1	4	3
7	1	3	8	4	2	5	9	6
1	9	8	2	6	7	4	3	5
6	7	5	4	3	8	9	1	2
4	3	2	5	9	1	8	6	7

**KAKURO**

1	2	6		1	8	2		7	9		
9	4	1	2	8	2	7	3	1	5	8	
8	2	3	7	4	6	9		3	1	8	
		1	3	2	4		8	7	6	9	
9	5	3	5	4	6	9	7	3	1	5	
2	1	4		3	8	7	6	1	4	2	9
	7	6	8	1		9	3	6	7		
8	9	3	6	7		6	2		4	8	
4	2		1	3	9	7					
1	3		9	5	8	4	2		5	9	
			2	6		3	6	7	8		
9	8		4	3		5	2	8	1	6	
4	2	6	1		2	1	7	9			
8	7	4	9	5	2	3	1	9	8	4	
5	1	2	7	1	4	3	5	2	3	6	
	5	1	2	3	5	7	9	6			
	4	3	1		1	9	8	3	7	6	5
1	6	4	7	3	9	4	1	6	9	2	
5	9		3	1	2		7	9	8		

**The Da Vinci Book Quizzes:**  
B. “little devil”

**The Rock Pop Trivia Book Quiz:**

- 23. The Mars Volta
- 24. 100th Window
- 25. Liberty X (the X was added later as there was already an American group called Liberty. Liberty X have since become more successful than the winners of the competition Hear'Say)
- 26. 'Love Action ( I Believe In Love)' Human League.
- 27. Aerosmith
- 28. Rod Stewart

**CODE CRACKERS**

DEFIANT	THRIFT
O I I U I O R	
URGED	GENEALOGY
B H E G K M Z O	
LUTE	DEALT
E F D I O E	
DIVERT	NAP
A O HUG T O	
MAN WRY	VICTIM
U N D I C	
LEWD	BRINY
C A A O S T H A	
HIGHLIGHT	EQUAL
E S E E X R L	
ADJOIN	POTENCY
W T X S E A H B P Q R F M	
L V G U Y I K C J N Z D O	

**SUPER SUDOKU**

4	6	8	9	5	7	3	2	1
1	3	7	2	4	6	8	9	5
9	2	5	8	1	3	7	4	6
3	5	1	6	7	4	2	8	9
8	7	9	1	2	5	6	3	4
6	4	2	3	8	9	5	1	7
7	9	6	4	3	8	1	5	2
2	8	4	5	6	1	9	7	3
5	1	3	7	9	2	4	6	8

**POCKET PUZZLER**

**Lighthouse Ladder :** 1. Lead, 2. Club, 3. Spin, 4. Pain, 5. Snap, 6. Head.  
**Mystery word:** Alpine

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