

Saving People Money Since 1936

... that's before there were TV Dinners.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | Local office

GEICO



PHOTOGRAPH BY CLAIRE BERNDT

Contents

FEBRUARY 2016

Cover Story

60 50 SECRETS HOSPITALS WON'T TELL YOU

Our insights and tips will help you receive better care, cut costs, and get out alive.

MICHELLE CROUCH

Book Bonus

76 A MOST UNFORGETTABLE PENGUIN

The story of a rescued waterbird and a misfit boy.

TOM MICHELL FROM THE BOOK *THE PENGUIN LESSONS*

National Interest

82 2015 IN QUOTABLE QUOTES

The funny, chilling, news-making words that gave voice to our year.

Drama in Real Life

92 ESCAPE FROM NORTH KOREA

A young woman tells the harrowing tale of her life of horrors—and her liberation.

YEONMI PARK FROM THE BOOK *IN ORDER TO LIVE*

Ideas

104 TO FALL IN LOVE WITH ANYONE, DO THIS

Two strangers. Four minutes. Thirty-six questions. Romance, the scientific way.

MANDY LEN CATRON FROM THE *NEW YORK TIMES*

P. | **104**

110 What It's Like... TO BE A PERSON WITH SCHIZOPHRENIA

ANONYMOUS FROM QUORA.COM

Mystery

114 THE CHILDREN WHO VANISHED

Strange events, then a sweeping house fire. Five young siblings disappear—but did they die?

KAREN ABBOTT FROM *SMITHSONIAN*

Health

122 STOP & DROP A POUND A DAY

Shed the weight fast by learning to stop eating unhealthy versions of the foods you love, without having to change your lifestyle.

LIZ VACCARIELLO FROM THE BOOK *STOP & DROP DIET*

4 Editor's Note 6 Letters

Everyday Heroes

8 **A Patriotic Class Project**

MEERA JAGANNATHAN

11 **The Preteen Translator**

ALYSSA JUNG

VOICES & VIEWS

Department of Wit

13 **My Mother Explains the Ballet to Me**

Jesse Eisenberg's mom critiques the art of dance—and why he's still single.

FROM THE BOOK
BREAM GIVES ME HICCUPS

Words of Lasting Interest

18 **My Father Bets His Heart**

At a blackjack table in Atlantic City, Dad dealt out some hard-won life advice.

FRANK BRUNI
FROM THE *NEW YORK TIMES*

Finish This Sentence

22 **If I Could Go Back in Time and Study Anything, It Would Be...**

You Be the Judge

25 **The Case of the Barking Dogs**

Are neighbors required to keep their pets quiet?

VICKI GLEMBOCKI



P. | **16**

READER FAVORITES

- 16 Points to Ponder
- 28 Photo of Lasting Interest
- 30 100-Word True Stories
- 32 Life in These United States
- 54 News from the World of Medicine
- 58 All in a Day's Work
- 74 Laughter, the Best Medicine
- 100 The Moth
- 109 That's Outrageous!
- 121 Laugh Lines
- 134 Look Twice
- 141 Word Power
- 143 Humor in Uniform
- 144 Quotable Quotes

ART OF LIVING

35 **How to Get Lucky**

KATE ROCKWOOD FROM HEALTH.COM

Home

38 **Your Pantry, Organized At Last!**

KELSEY KLOSS

40 **Documents You Should Be Shredding**

KELSEY KLOSS

Food

42 **Cook the Perfect Egg**

KELSEY KLOSS

Technology

48 **Long Live Your Phone Battery**

BEN TAYLOR FROM TIME

Health

52 **When Less Medicine Means More Health**

JOHN HENNING SCHUMANN, MD
FROM NPR



P. | **42**



P. | **48**

WHO KNEW?

130 **The Secret Lives of Passwords**

IAN URBINA
FROM THE *NEW YORK TIMES*

137 **Why Do Cats Love Cardboard Boxes?**

BRYAN GARDINER FROM WIRED



PAPER ARTWORK
BY KYLE BEAN
PHOTOGRAPH
BY MITCH PAYNE