



Words Worth Reading Ltd

September 2015 ISSUE 73

Welcome to the September edition of the Words Worth Reading Ltd newsletter. The start of autumn has been a busy time for the Words Worth Reading Ltd team. We are excited to be working with new healthcare clients. We have also been busy in our proofreading department, welcoming a new member to the team, Alesha. We are really looking forward to the next few months and the expansion of both our team and services.

Rare Books Mistakenly Sold as Recycling Material

Three-metric-tons of books and magazines from Silpakorn University Central Library were “mistakenly” sold to a used bookshop in the Bang Bon district of Bangkok.

Collectors are flocking to the store to pick up the titles, some of which date back to the reign of King Rama VI, while others are old sociological and anthropological journals that can no longer be found anywhere.

The age of e-books and blogs has fuelled collectors of rare books. People are purchasing the rare books and posting them on Facebook, which, of course, furthers the trade.

According to Thongboon Korkitsunthornsarn, founder of the online bookstore Loong Thong, book collecting is so popular because books, “have become rarer and consequently the price for them has gone up considerably.”

Source: Publishing Perspectives



New “Companion” App Created

An app has been developed in the USA, which allows students to have a friend to digitally walk them home late at night.

The group responsible from the University of Michigan decided to take action and create *Companion* after they began to receive many crime alert emails, warning them about assault, rape, and robberies occurring on campus.

Having undertaken computer science internships, they won \$20,000 in a campus-wide business challenge. Despite similar apps on the market, none specifically targeted students, which is where *Companion* has its focus.

Easy to use, students enter their destination and select their mode of transportation. They then add friends or family members to be their companion – ‘companions’ don’t even need to have the app installed in order to watch. The student’s contacts, or the police, can be reached with just a tap of the app.



Spotted on Twitter



Usborne Publishing @Usborne

Get ready for 'International Talk Like a Pirate Day' with these 3 beauties!!

<http://usborne.com/pirates>

#itlapd2015



HealthServiceJournal @HSJnews Jeremy Hunt and DH officials face

@CommonsHealth committee in

15mins. Follow HSJ Live for updates

<http://bit.ly/1URymnl> (free)



BBC Business @BBCBusiness

High-speed mobile puts #Africa and

#India on fast track

<http://bbc.in/1irVb0r>



HarperCollinsUK @HarperCollinsUK

Move over GONE GIRL: we have the next big book and it's sat on our desk...

#didshedoit <http://amzn.to/1cUeP2>

Charity of the Month

CANCER RESEARCH UK



Cancer Research UK is a charity that; beats cancer, raises money, and develops policy.

They are a crucial charity that makes a real difference to people's lives every day

Study Reveals Eating Fish Could Keep Depression at Bay



A combination of 26 studies, including more than 150,000 people in total, indicated a 17% reduction in the risk of depression among those who ate the most fish.

One potential reason given by the researchers was the fatty acids found in fish may be important in various aspects of brain activity.

The study, published in the Journal of Epidemiology and Community Health, looked at many other studies, which looked at fish consumption and depression, but the results had been mixed. Researchers found that the apparent protective effect of eating lots of fish was specific to studies undertaken in Europe and not those from other areas of the world. Data was compared from all the relevant studies they could find conducted since 2001.

The results found interesting theories as to why fish may be good for mental health.

One possible explanation is that the omega-three fatty acids found in fish may be key in the activity of dopamine and serotonin - two signalling chemicals in the brain thought to be involved in depression.

Another possibility is that people who eat a lot of fish may have a healthier diet in general - which in turn could help their mental health.

Future studies are needed to further investigate whether this association varies according to the type of fish.

The mental health charity, Mind, have recently published a guide, Food and Mood, which includes advice on eating the "good fats" such as those found in fish.

For vegetarians or others who did not want to eat fish there were other sources of fatty acids, such as seeds and nuts, as well as supplements.

Source: BBC News

In other news...

- Pylons to be removed from four beauty spots across the UK to improve the views. [Read the full story here.](#)
- It has been 50 years since the original series of Thunderbirds was first created. To mark the anniversary this month, three new episodes have been commissioned. They are currently being created in the same UK studio and due to be released next year.
- In partnership with the National Literacy Trust, Royal Mail has launched National Letter Writing Week. A host of activity is planned during September to encourage people to rediscover the joy and value of putting pen to paper.

Things that we like this month



Celebrating International Literacy Day 2015

8th September marks International Literacy Day, a celebration which aims to highlight the importance of literacy to individuals, communities and societies around the world.



The Audrey Hepburn Exhibition

Go and visit the National Portrait Gallery this month. Don't miss the exhibition of fascinating Audrey Hepburn photographs.

Find out more by visiting the website below
<http://www.npg.org.uk/whatson/hepburn/home.php>



The Lincoln Barons Charter Auction

25 Barons, painted by local artists and members of the public have been on display around Lincoln all summer. The trail has been popular and a fantastic way to mark the 800th anniversary of the Magna Carta.

Now these Barons are due to be auctioned off.
<http://www.lincolnbarons.com/news-and-events/the-barons-charter-auction/>

Contact us:

If you wish to find out more about the services we offer or want to get in touch with us about anything then please do not hesitate to contact us in any of the following ways:

Email: enquiries@wordsworthreading.co.uk

Tel: 01206 266766

Post: Words Worth Reading Ltd,
The Colchester Centre,
Hawkins Road,
Colchester, Essex,
CO2 8JX



<http://www.wordsworthreading.blogspot.com/>



www.wordsworthreading.co.uk



www.twitter.com/wordsworth



www.facebook.com (search for Words Worth Reading)