of zinder, enabling the growing of enough extra grain to feed two-and-a-half million people. I'm my father worked a demanding financial-sector job, and my mother taught school part-time while caring for my younger sister and me.

Rest stops, gift shops, restaurants, and hotel lobbies can be tempting places to spend money.

This lineup should be good enough to beat West Ham anyway.

Typical antidepressants, which act on the neurotransmitter serotonin, take a month or more for full effect.