

**REPUBLIC**  
**vs** **MONARCHY**  
**THE WINNER: REPUBLIC**

Sorry, Prince William. According to Dr Anika Gauja, lecturer in Government and International Relations at the Uni of Sydney, NSW, you're going to be obsolete on our shores within the next decade: "Australia is already a republic in practice. Our laws are made by the Australian Parliament, and it's the people of Australia not the Queen, who choose who should be the government of the day," Dr Gauja says. "Although the 1999 referendum failed, opinion polls have consistently found that around 60 per cent of Australians are in favour of Australia becoming a republic. Even though it might not make much practical difference to how Australia is governed, a republic is important for symbolic reasons and a possible way to revitalise Australian democratic institutions and processes." We put this to you in an online poll\*: 47 per cent want a republic, while 53 per cent want to remain as a monarchy. What a royal to-do.

"Bring it, bitch"

**A few close friends**  
**vs** **lots of acquaintances**

**THE WINNER: A FEW CLOSE FRIENDS** "One close friendship trumps 10 acquaintances, hands down," says psychologist Dr Irene Levine, producer of thefriendshipblog.com. "From the time we're little girls, being able to be ourselves and share intimacies with someone who truly 'gets us' is nothing short of life affirming." Close friends – the ones who'll be there for you in tough times – can even extend your life. Research published in the *Journal of Clinical Oncology* found that breast cancer patients with no close friends were four times more likely to die from the disease than those with 10 or more confidantes. "Yes, it's nice to have acquaintances but these relationships are, by definition, more transient and distant relationships with fewer meaningful ties," says Dr Levine.



**Tuna in spring water** **vs** **olive oil**



**THE WINNER: SPRING WATER**

Being well-versed in the benefits of olive oil, you might expect fish swimming in the stuff to come up trumps. But no. Kristen Beck, *WH* nutrition expert says, "Tuna in spring water retains more essential omega-3 fatty acids because [in olive oil] some of the omega-3s mix with the oil, which is lost if drained." And then there's fat and salt to consider. "Even when drained, tuna in olive oil contains around seven times the amount of fat per serve and, because the olive oil essentially locks in the salt, more than three times the sodium content of tuna packed in spring water," she says. Case, or can, closed. ▶

\*SOURCE: *WH* ONLINE POLL OF 541 VOTES