



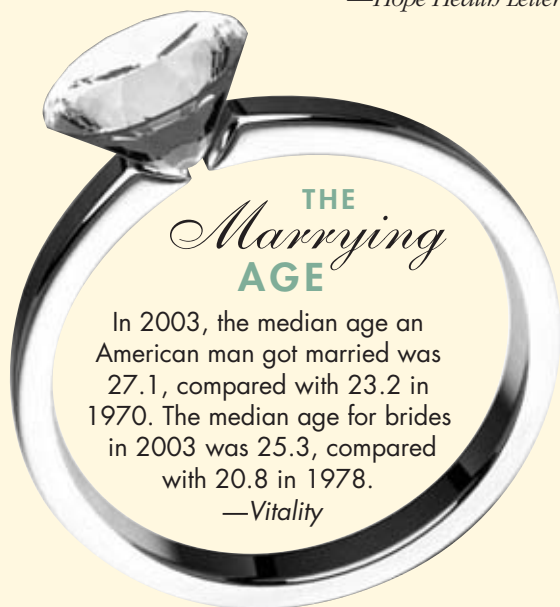
## baby blues

Eye color is determined by the amount of pigment (or melanin) in the iris of the eye. Brown eyes, the most common color in humans, have more pigment, blue eyes, much less. Eye color is a genetic trait. The genes for eye color and hair color tend to be linked. So blond hair is most often linked with blue eyes (a combination that most likely evolved in northern Europe); red hair is frequently accompanied by green eyes (which can be traced to the ancient Celtic populations of the British Isles); and brown hair usually goes with brown eyes. —*Health*

## appetite TRICK

Before eating anything, ask yourself how hungry you are on a scale of 1 to 10, with 1 representing not hungry at all, and 10 representing totally famished. Eat only when your hunger is 8 or above. If you're not sure whether or not you're hungry, try drinking some water. You may just be thirsty.

—*Hope Health Letter*



### THE *Marrying* AGE

In 2003, the median age an American man got married was 27.1, compared with 23.2 in 1970. The median age for brides in 2003 was 25.3, compared with 20.8 in 1978.

—*Vitality*

**ATTAGIRL!** In 1971, just before Congress passed Title IX creating equal opportunity in athletics, only 1 in 27 girls played organized sports. These days, 1 in 3 high school girls is in the game.

—*Prevention*

## YOU'RE MY TYPE

If you're over 17, you can be a blood donor. Do you know your blood type? Here's how blood types are distributed among the population:

—*Self*

O+	1 person in 3
O-	1 person in 15
A+	1 person in 3
A-	1 person in 16
B+	1 person in 12
B-	1 person in 67
AB+	1 person in 29
AB-	1 person in 167



## SURPRISING HEALTH TIPS for Women

Here are some things that a lot of smart women do that end up jeopardizing their health.

1. Always ordering salad. It sounds healthy when you order it, but lots of salads in restaurants are loaded with more fat and sodium than fast-food sandwiches. If you order a salad, choose the ones that actually have vegetables, go easy on the cheese and use low or nonfat dressing.
2. Never stepping on a scale. Many women would rather not know their weight than suffer guilt when they see the actual number in front of them. But that kind of avoidance can allow you to live in denial and being overweight can affect your health in many negative ways. So, step up to the scale and face up to whatever the needle tells you—then do something about it if your weight makes you unhappy.
3. Ignoring aches and pains. A lot of women just keep going because they have so much to do. They ignore symptoms, sometimes for weeks or months that are indicative of heart attacks, strokes or cancer because they don't have time to coddle themselves.
4. Not getting enough sleep. Sleep deprivation can cause all types of problems. Irregular sleep can add to weight problems or cause anxiety. And tired people have more accidents.

—*Prevention*