

## Fast Facts in a Busy World



### MACHO MEN

You can tell by the size of his index finger how macho he'll be. Men whose pointer fingers are shorter than their ring fingers got more testosterone in the womb and are more likely to be aggressive, finds a

study of 149 men from Canada's University of Alberta.

—*Prevention*

### THE FEMALE CYCLE

For years, women's bikes were adapted from a male model, leaving women with sore shoulders and strained backs.

Now the fairer sex is getting a fair spin. Meet K2's new bike collection specifically made for women. The new models have narrower handlebars, a shorter distance from the seat to the handlebars, smaller diameter handgrips, wider saddles and lighter frames—all designed to fit a woman's body. The starting price is \$349; the bikes are available at REI.

—*Prevention*

### IS BOTTLED WATER BETTER?

Maybe. One area in which bottled water consistently outshines tap water is lead,

since lead typically enters water via the pipes that bring it into your home. That's why bottled water



is recommended over potentially contaminated tap water for expectant mothers and children, for whom lead poisoning is of particular concern. However, when it comes to other contaminants, bottled water is actually regulated less stringently than tap. To find a brand that's been independently tested and found to meet or exceed FDA standards, go to <http://www.nsf.org/certified/bwpi/>.

—*Self*



### TEENS AND CARS

Teenagers have the highest fatality rate from motor vehicle crashes than any other age group, and motor vehicle crashes are the No. 1 cause of death among Americans 15 to 20.

The National Highway Traffic Safety Administration believes these statistics reflect the fact that many teens drive small used cars because they can't afford more expensive models. Safety experts urge parents to help foot the bill for a safer vehicle, if necessary. Ideally, you want your teenager in a large, sedate sedan.

—*National Traffic Highway Administration*