

TIPS

Myth busters

YOU CAN CATCH A COLD BY GOING OUT ON A COLD DAY

It almost seems like common sense, but that is not the case apparently! People get colds because of viral infections and there are no reasons to think that germs are more abundant in lower temperatures. As a matter of fact, most viruses penetrate the body's defense mechanism more frequently and easily in warm and humid climates. In truth, research has shown that people staying at very cold temperatures actually tend to develop stronger immune responses.

CHILDREN NEED BOWEL MOVEMENTS EVERYDAY

Parents often assume that routine, daily defecation is related to the health of the gut. The amount and rate of waste production really depends from person to person and may depend on lot of factors. But that does not mean there is no way to judge whether your bowel movement is healthy. Do not forget that staying hydrated and having a fibre-full diet is going to take good care of your bowel by preventing constipation, if you are thinking long term.

EATING AN EGG DAILY WILL GIVE YOU A HEART DISEASE

Eggs contain cholesterol and no, cholesterol is not absolutely life threatening as we like to think. Cholesterol is a fatty substance needed and manufactured by our bodies in small amounts and the rest has to be acquired from food. Each egg yolk contains cholesterol in amounts lower than an adult's daily requirement. Thus, an egg daily does in no way increase the chances of heart disease in the future. However, it should also be noted that people with existing heart disease, high blood pressure, and high cholesterol levels cannot consume an egg daily and have different requirements and limitations.

EATING SUGARY FOODS MAKES CHILDREN HYPER

This is a century old myth, which says that sugary foods make children lose their focus and become hyper-active. There is no scientific evidence for this claim. Sugar intake does bring slight changes in the hormones of a child but the decrease of one hormone (dopamine) is compensated by the increase of another hormone (serotonin) and thus effects of less dopamine such as, lack of concentration, does not result. There are possible adverse effects of sugar but there are no scientific links between sugar and hyperactivity.

By Nawshin Tabassum Binte Alim

HOROSCOPE

The dark side

In the horoscope section, we usually read all the nice things that are said about us and probably hold the thoughts close, cuddle with them, and think it superior to all others. But this time, as an adieu to 2016 and the start of 2017, here are some of your worst traits to look out for, according to the Zodiac, and hopefully resolve with a resolution. Compiled by Intisab Shahriyar



ARIES
(MAR. 21-APRIL 20)

Because of their domineering traits, they can come off as a bit of brat when things do not go their way and tend to throw hissy fits. Not to worry too much though, as it is just a tantrum, and like any tantrum, cured with a little pampering, a nice glass of warm milk and a nap to get rid of the crabbiness.



TAURUS
(APR. 21-MAY 21)

Three words spring immediately to mind when dealing with a Taurus - metrosexual, materialistic, and money-hungry. Not that there is anything wrong if those three traits are kept in moderation. However, they really need to dial down on the hate when it comes to comparing and criticising other people-- for whatever reasons.



GEMINI
(MAY 22-JUNE 21)

Wily and unpredictable, Gemini get their kick by pushing people into their uncomfortable zones. Unable to hold a single conversation without deviating from the topic and discussing something completely different before leaping into yet another topic, leaving you with an empty expression. They are constantly at war with their dual personalities, which is visible as either crazy or something completely insane.



CANCER
(JUNE 22-JULY 22)

Know anyone who used to wallow in sorrow and cried in the bathroom when they were young? Rest assured that that person was most definitely a Cancer. Cancers are in a constant state of emotional unrest because they are a bit on the sensitive side, so keep that in mind when you talk to them. They also tend to have the highest number of selfies on Facebook than the average population of the Vatican.



LEO
(JULY 23-AUG 22)

Leos are all about the ego trip. As is appropriate to their sign, the Lion, they need to be the centre of attention. Perhaps it is wise to step away from the spotlight and let someone near you be under it for once. Try not to point out anything bad about a Leo, lest you end up on their hit list for the rest of your life.



VIRGO
(AUG. 23-SEPT. 23)

When something needs to be done, employ a Virgo as they will scrutinise everything down to the last hair-splitting detail. Great for good quality work; but not so much for people to people relationships. Their constant nit-picking may drive people to the edge of insanity. Understand that humans are made to have flaws. The Virgo is also kind of lazy, but not in the way we might think.



LIBRA
(SEPT. 24-OCT. 23)

Libras are flirtatious to a fault. And as is often the case, that habit of theirs ends up attracting humans from the bottom end of the spectrum. They are quite indecisive and slightly cowardly too, so they often end up in wrong relationships. Try not to accept every relation that comes along and perhaps dial down the lazy habits.



SCORPIO
(OCT. 24-NOV. 21)

The average Scorpio seem average on the outside, but underneath, they are quite the vindictive sociopath. If they ever think you have wronged them, they will keep you on their revenge list till the end of time. Butters from the animated series 'South Park' is the perfect example of a Scorpio. Everyone thinks he is an innocent little scamp, but on the inside is an alternate ego: Professor Chaos.



SAGITTARIUS
(NOV. 22-DEC. 21)

Miley Cyrus going from Hannah Montana to 'Wrecking Ball', Britney Spears going from 'Baby One More Time' to her famous head shaving. That is the unpredictability of Sagittarius in a nutshell. They end up saying things without thinking, leading to hurt feelings or misunderstandings. They also freak out on occasion and end up doing something 'wild' because they were 'feeling like it.'



CAPRICORN
(DEC. 22-JAN. 20)

A real stickler for rules and tradition tends to make them quite boring. They are so shy and awkward, that it almost feels like you have to pull their teeth in order to make them socialise. They also have a tendency to be a bit materialistic. Try to be a bit more spontaneous if you wish to be the life of the party.



AQUARIUS
(JAN. 21-FEB. 19)

The Aquarius is a hippie elitist. They think they are somehow the cream of the crop, the crystal amongst the plastic. They are constantly on a quest to be unique, which backfires and makes them look boring or idiotic. Their other big flaw involves emotional detachment and inability to open up to others about their feelings, which in itself leads to a mountain of headache.



PISCES
(FEB. 20-MARCH. 20)

Watch what you say near a Pisces because they simply cannot take a joke. They are also sensitive and fast to get furious. They also cannot deal with jabs or jokes they might otherwise dole out themselves. If you know a Pisces, always walk on eggshells because you are going to make them pout with a sarcastic joke or a harmless jab.

