

Because kids don't know how other kids see, they often think their blurry vision is normal, so regular eye examinations are important during childhood. With myopia, the eye is growing, but growing too long for distant rays of light to focus accurately on the back of the eye. A blurry image results. For children, eyeglasses or contact lenses move the focus back to the retina, and a clear image is formed.

Mercury levels in tuna are no secret, but we would be remiss if we didn't include canned tuna here. The FDA and EPA urge consumers to eat fish that is low in mercury, but as Consumer Reports points out, almost all seafood contains the toxin in varying degrees; getting too much of it can do harm to the brain and nervous system.

Present trends have made athleticism mainstream in a way it never has been before. Gym buffs now drink green smoothies, hit up a CrossFit gym and boast about their latest diet on social media for their friends and followers to see. Nike and Adidas have become commonplace as "athleisure" takes center stage in popular fashion. Just look to the rise of fashion-forward sneaker culture and jogger pants (neither worn for any kind of running or jogging) for further proof of this trend.

As journalist Tony Evans suggests, an argument can be made for the change in fans' behavior towards their opposition when a large, metal fence is erected between them. Once the game got going, Arsenal's Emirates Stadium, popularly known among English fans for its often tame atmosphere, rocked to deafening noise and shaking stands, as Cologne fans jumped in unison with their backs turned to the pitch.

Efforts from private and public organizations have brought it back from the brink. The dominant rabbit in this region (and a very common sight) is the Eastern Cottontail. It's a medium-size rabbit, mottled grey and brown and white. It looks like the archetypical "rabbit," a storybook rabbit. But it doesn't belong there.

What's most striking about the entire process is just how similar it is to a conventional painting. To begin, he starts by pouring a creamy, lightly foamy base on the top of a warm beverage. Then, with a variety of pigments, he takes small spoons and spreads the drinkable colors over the base. During this step, he uses a delicate touch and works in gentle, sweeping motions to move the pigment around but not disturb the rest of the foam. Finer details (like trees and facial expressions) are created with a thin metal stir stick. These steps are repeated until the desired image is achieved.

Yet French consumers alone confront empty shelves. Blame that on a local retail market that is less competitive than most. Because just a few big supermarkets dominate, enjoying monopsonistic power, they fix prices for suppliers of many fresh goods just once a year. And they drive tough bargains, too. In Germany retail butter prices rose by 72% in the year to August, says a person who works in the dairy industry. In contrast supermarkets in France only put up their prices by 6% in the same period. No surprise, therefore, that French farmers prefer to export butter rather than meet local demand.

Half of the anemones in the study "bleached", expelling the algae that live on them and turning bone white, the team found. This happens in response to environmental stress, such as ocean warming or pollution. "Among the clownfish living in the bleached anemones, the scientists observed a drastic fall (-73%) in the number of viable eggs," said a statement from France's CNRS research institute.

Supermarkets are reluctant to talk about what may happen, referring questions to trade bodies instead. They were badly burned by "Marmite wars" at the outset of the Brexit process, when suppliers temporarily forced the much-loved British staple from shelves because retailers had refused to pass on soaring import costs after the referendum.

Unfortunately the TV set is believed to be a part of the bedroom, but actually watching your favor crime or drama shows from your bed can set the pulse racing and make the rain too active. Also an exposure to violent programming is said to cause nightmares. Doctors advise meditation or prayer that helps to relax the system.

Celosia plants are also known as cockscomb that flower from summer and continue into early autumn. They have flowers in yellow or pink. It is best to grow cockscomb plants in large groups. Germination time is five days to two weeks. These require full sunlight or light shade. Ordinary soil will do to sow celosia. Maintain a moist soil with regular watering. These plants require proper light for growth.

The nebulous pair were spotted inside the Small Magellanic Cloud, which acts like a time capsule from an earlier cosmic epoch. The Milky Way is the biggest galaxy on the block, but that doesn't mean it's alone. Through its powerful gravitational clout, our galaxy has grabbed onto a few smaller galaxies during its 13-billion-year evolution that remain in orbit to this day.

Detoxing from sugar can help you lose weight quickly. "We had over 80 testers from all over the country, and they lost anywhere between 5 to 20 pounds during the 31 days, depending on their weight or sugar addiction," Alpert said. "Many also noticed that a lot of the weight was lost from their midsection. Belts got looser!"

Rather, in 30 out of 34 contests, it was the competitor that landed the most strikes that won the fight. "The acceleration of their strike is on the same order of magnitude as a bullet in the muzzle of a gun," said Patrick Green, a Ph.D. student at Duke University and lead author of the new study. "They can dismember crabs and crack open snail shells, so it can cause dramatic damage."

Kale is the Jennifer Lawrence of superfoods, acclaimed and enjoyed by millions. Trouble is, it risks becoming the Jennifer Lawrence of superfoods, at risk of numbing overexposure. If you find the prospect of another kale salad as exciting as a plain chicken breast, opt for lacinato kale, a.k.a. black or dinosaur kale. Its dark, curly leaves are sweeter-tasting and more tender than the regular variety, but it has the same nutritional properties, packed with fiber to boost satiety and nutrients that can turn off your belly-fat genes.

Andrew Cornett, professor of exercise science at Eastern Michigan University believes that "late bloomers," or individuals who enter sexual maturity later as teenagers, also have the same physiological characteristics as top athletes. They end up being leaner, taller and having a lower body-mass index (BMI).

Meat can make a rare appearance, but usually only to flavor a dish. Meals may include eggs, dairy and poultry, but in much smaller portions than in the traditional Western diet. However, fish is a staple, and an optional glass of wine with dinner is on the menu. The flexitarian diet came in third on the list of best overall diets for its emphasis on whole grains, fruits, veggies and plant-based proteins.

Researchers have found a surprising connection between intelligence and autism. Yesterday, scientists announced the discovery of 40 new genes linked to human intelligence, and found that many people with the genes were also on the autistic spectrum. The findings could one day help shed light on the condition's origins.

Weight loss shouldn't be at the cost of nutrients. Your child is still growing and developing, so they will need a well-balanced diet to get all the nutrients they need. Unlike adults, it may be that they can grow into their weight rather than need to lose it, so achieving an energy balance rather than an energy deficit may be enough.

One morning, instead of turning up for class wearing the regulation navy blue smock, a defiant group of adolescent girls came to school in white T-shirts instead, demanding an "end to discrimination". At the elite Bizerte public school in the north, as is the case in most high schools in the North African country, pupils have to sign a school rule stipulating that wearing a uniform applies to girls only.

Females carrying eggs only move away from vent chimneys, and into the surrounding polar deep-sea, in order to release their larvae; these would, otherwise, not survive the warmer temperatures of the adult habitat. Crabs and lobsters, which are a characteristic of the global oceans, show an extremely low species number in polar seas.

This is one of the very things that makes understanding Stonehenge so difficult: It has been used by numerous peoples throughout its history, many of whom reworked the structure to fit their own needs, desires, and aesthetics. Even though it's unclear whether it was consistently used or not, there is enough evidence to know that it has not been the domain of just one group of people, as even today it has been readopted by numerous pagan and neo-druidic groups.

Change is hard and change in government is even harder. Your CDO needs to bring the digital vision to life by first working with the early adopters, those departments, ministries, agencies, boards and commissions that are already there, harnessing new technology to meet the needs of citizens. They also need to work with their team to find other projects that need support and launch a few more key initiatives. Telling the story of success and creating courage in the minds and hearts of leaders will be a key next step.

During the first 36 hours after the quake, father and son spoke for only a few minutes, but the stories Matt told were "reminiscent of a movie scene." "One person he was carrying with two compound fractures, they had another aftershock while he was carrying him and they were (both) thrown to the ground." The magnitude-7.8 quake killed more than 8,000 people and destroyed or damaged more than half a million homes.

Ground control teams over the weekend were beginning to upload the final batch of instructions for the flyby when New Horizons' primary computer shut down on Saturday afternoon. During its automated switch to its backup computer, New Horizons dropped radio communications with Earth for a tense 81 minutes. The glitch suspended science operations, which have been ongoing since January. NASA expects it will take until Tuesday for New Horizons to return to full service.

Not only did the people who learned to meditate report feeling less stressed than people in the other class, but their blood measurements of ACTH, a stress hormone released in the brain and then into the bloodstream, were lower too, as well as markers of inflammation called pro-inflammatory cytokines. But in the control group, people were actually more stressed the second time they did the test, possibly because they knew and anticipated how bad would be.

In addition to bemoaning the fascination with her relationship, she lambasts media coverage of her emails, singling out The New York Times as a repeat and high-profile offender. And she wonders aloud why, after terms as first lady, US senator, secretary of state and two-time presidential candidate, the public still just doesn't seem to like her.

Beloved pets enjoyed being the center of attention in Mexico City Tuesday at a blessing ceremony to mark the feast day of Saint Anthony, known as the protector of animals. Pet owners arrived with their animals at the San Bernardino Church for a blessing and a sprinkling of holy water to protect them from danger and misfortune.

Eiseman agreed that "the unknown" is an inherent association that humans make with the color black, as it prevents them from seeing distinct shapes and veils potential threats. "How we see colors in nature has such an important effect on the human psyche," she said. "And we know that from the beginning of time, black is the color of night, and it's the color that could hide any nefarious deeds that might be perpetrated under the cover of darkness."

Unfortunately, this caused a big problem that no one foresaw at the time. The hydrofluorocarbons (HFCs) that replaced the CFCs in those devices didn't hurt the ozone layer. But HFCs were potent greenhouse gases that contributed disproportionately to global warming, which wasn't getting as much attention as it is now.

Sugars (found in fruit, vegetables and dairy) and starches (found in grains, vegetables and beans) ultimately suffer the same fate: They're broken down into glucose and are used by the body for energy. But your body can use only so much energy at once, so not all of the glucose you eat is immediately used for fuel.