

Wrong ring can break-up relations in Britain

New York : 'Money can't buy you love', goes the old adage, but it seems it doesn't really hold true for Brit women, for at least a third of them would say no to a marriage proposal if they didn't like the engagement ring, says a new study.

According to recent statistics, UK females now have greater expectations than ever when it comes to their partner popping the question. And it seems that the ring is now the most crucial part, with many women hoping for one that will rival those worn by bride-to-be celebrities like singer Katy Perry. It may have once been a simple symbol of love but 13 per cent of women now believe it reflects their social status as well as identity and their fiance's career success. And thus, it is no surprise that fifteen percent of prospective brides-to-be said they hadn't been happy with the ring their fiance used to propose. A



further 64 per cent even admitted they would ask their partner to change it if it wasn't to their taste. Women are now so desperate to get it just right, 41 per cent would rather choose the ring themselves. And if their partners insist on doing the shopping alone, 22 per cent would prefer their closest friend to help and 10 per cent would want their mother to go along. Relationship expert Jo Barrett said the findings, from shopping channel QVC, showed how engagement rings had now become a status symbol. "I think this shows that we do now live in a very materialistic society," the Daily Mail quoted her as saying. "There's a lot of peer pressure - we see celebrities flashing their big diamond rings and everyone wants to be like a celebrity." For some, it's a status thing - wearing an engagement ring has become a competition.

How to get more attention on Facebook UK will have 90,000 centenarians by 2034: Report



Melbourne: Not getting enough comments on your Facebook status updates? Well, post a photo on Friday and you'll be bombarded with those much-loved likes and comments, says a new study.

In a study released by social media management company, Vitruve, how much attention your Facebook posts are receiving is dependent on what you posted and when you posted it, reports News.com.au.

The report offered a How-to Guide for the attention-starved Facebooker, claiming that image

and video are "superior to text-only posts". And the study proved the adage that a picture is worth a thousand words—it was found that an image will get 22 per cent more likes and comments than video and 54 per cent more than a text-based post. Fridays get the most interaction, while weekends get the least. The engagement increases 65 per cent if the post is made before noon, may be because people check Facebook over their morning coffee. The lack of activity on the weekend suggests that outside of Facebook, people possibly do still have a life, if not a work ethic. The report was created for marketers and analysed posts for more than 100 randomly selected streams or pages, representing 42.6 million Facebook fans and 32,000 posts.

London : Britain will have nearly 90,000 people over the age of 100 by 2034, a government report says.

According to the Office for National Statistics (ONS), Britain's population is ageing and there's now a record number of people aged 100 or over.

Since 1981 the number of centenarians in the UK has more than quadrupled from 2,600 to 11,600. And, the number of centenarians will reach 87,900 by 2034 if current demographic trends continue, 'The Daily Telegraph' reported.

Though the increasing number of old people is a cause for celebration for many individuals, it is posing a serious headache for health and pensions professionals. "The growing number of people aged

100 and over is cause for real celebration. However, increased lifespan alone is not a measure of real

progress. People in later life don't simply want to live longer, they also want to live better.

"For this to happen, we all need to help in breaking down the ageist barriers that make older people second-class citizens and building a world where they can flourish. The growth of an older



population will also mean significant challenges for policy-makers in terms of funding and investing in the sort of services which an ageing society will rely on.

"There is no excuse for not planning ahead to ensure that health, care, pension and other services are able to meet the needs of an ageing population," Michelle Mitchell, charity director at Age UK, said.



Can exercise moderate anger?

New York : For years, researchers have known that exercise can affect certain moods. Running, bike riding and other exercise programs have repeatedly been found to combat clinical depression. A study from Germany published in April found that light-duty activity like walking or gardening made participants "happy". Even laboratory rats and mice respond emotionally to exercise — although their precise "moods" are hard to parse, their behaviour indicates that exercise

makes them more relaxed and confident. But what about anger, one of the more universal and, in its way, destructive moods? Can exercise influence how angry you become in certain situations? A study presented at the most recent annual conference of the American College of Sports Medicine provides some provocative if ambiguous answers. For the study, hundreds of undergraduates at the University of Georgia filled out questionnaires about their moods.

From that group, the researchers chose 16 young men with "high trait anger" or, in less technical terms, a very short fuse. They were, their questionnaires indicated, habitually touchy. During the two days of the study, the men were each fitted with high-tech hairnets containing multiple sensors that could read electrical activity in the brain. Next, researchers flashed a series of slides across viewing screens set up in front of each young man.