

Old Wives Tales #2 - True Or False?

Old wives tales are widely held traditional beliefs that are now thought to be unscientific or incorrect. Nevertheless, many old wives tales have been scientifically proven to be true! Can you guess which ones?

Questions	Answers
1 The Five Second Rule	:
2 You lose most of your body heat through you head	:
3 Pregnancy: If a woman's carrying low, it's a boy; if she's carrying high, it's a girl	:
4 Life speeds up as you get older	:
5 Feed a cold, starve a fever	:
6 Chocolate causes acne	:
7 Sleep on it	:
8 Spicy foods can cause ulcers	:
9 If you go outside with wet hair, you'll catch a cold	:
10 Too much TV is bad for your eyes	:
11 A spoonful of honey is good for coughs	:
12 You can predict the sex of your baby with a wedding ring test	:
13 Too much loud noise can cause hearing loss	:
14 Thumb sucking causes buck teeth	:
15 Reading in dim light will damage your eyes	:
16 Vitamin C help with colds	:
17 Put some brandy on your baby's gum	:
18 Spilling salt brings bad luck	:
19 Terrible things come in threes	:

Answers

- 1 False. The time your food spent on the ground matters very little to bacteria; they'll crawl onto it as soon as it hits the floor!
- 2 False. You can lose heat through any part of your body that's exposed to the elements.
- 3 False. If a woman's carrying high, this may be her first pregnancy or her body's in good shape. Stomach muscles have a tendency to become more elastic with each pregnancy, so a belly that's seen more than one pregnancy may hang a little low.
- 4 True (it seems to). When we are children, we are constantly being introduced to new things and ideas that leave lasting impressions on our memories. We gauge time by memorable events and fewer new things occur as we age to remember, making it seem like childhood lasted longer.
- 5 False. Both high fevers and colds can cause fluid loss. Drinking plenty of liquids such as water, fruit juice, and vegetable juice can help prevent dehydration. And with both fevers and colds, it's fine to eat regular meals — missing nutrients may only make a person sicker
- 6 False. Although eating too many sugary, high-fat foods is not a good idea for anyone, studies show that no specific food has been proven to cause acne.
- 7 True. Sleeping on it improves decision-making.
- 8 False. Spicy foods may aggravate ulcer symptoms in some people, but they don't bring about ulcers.
- 9 False. Cold weather, wet hair, and chills don't cause colds; viruses do. People tend to catch colds more often in the winter because these viruses are spread more easily indoors, where there may be more contact with dry air and people with colds. Dry air — indoors or out — can lower resistance to infection.
- 10 False. Watching television won't hurt your eyes (no matter how close to the TV you sit).
- 11 True. Honey is a demulcent, which means it forms a membran on your throat that soothes an irritation. It's also an antibacterial. Spoonfuls of honey can help sooth a child's cough (and it's one medicine they might actually take!).
- 12 False. AAn old wives tale that has been around for many moons is to put a thread through the wedding band of the pregnant woman and hold it over her palm. If the ring swings in a circle it's said the baby is a girl and if it swings in a straight line the baby is a boy. It's good fun, but certainly not an accurate measure.
- 13 True. Just 15 minutes of listening to loud, pounding music; machinery; or other noises can cause temporary loss of hearing and tinnitus, a ringing in the ears.

- 14 True. Thumb sucking beyond the ages of 4 to 5, when permanent teeth start to come in, can cause problems to the jaws and teeth.
- 15 False. Although reading in a dimly lit room won't do any harm, good lighting can help prevent eye fatigue and make reading easier.
- 16 False. Vitamin C boosts immunity, but once you are already sick, it doesn't help.
- 17 False. Medical professionals strongly advise to not use brandy to help a teething baby. A very small amount of alcohol can be toxic to a baby.
- 18 True. If you want to believe in this superstition, then its true. Salt use to be a form of currency. Therefore spilling salt was a big waste. This is also where the expression "not worth one's salt" came from.
- 19 True! Almost anything can come in threes if that is what you believe.
- 20 Absolutely. It's one of the most scientifically validated ways to increase happiness.
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