

IN THE FRAME

According to recent research by the UK's College of Optometrists, job hunters are more likely to be hired if they wear glasses to their interview.

The Daily Telegraph reported that a third of British adults think glasses make someone look more professional and 43% think glasses make people look more intelligent.

Bizarrely, 40% of those with 20-20 vision would consider wearing clear lenses they don't need if it would improve their chances of getting a job.

A further six per cent would put on glasses to feel fashionable, and nine per cent think spectacles make the wearer look more attractive, the study found.

Dr Susan Blakeney, Optometric Advisor to the College of Optometrists, said: "It's great to see a shift in how we perceive glasses."

"However, it's important to remember that regardless of fashion trends, wearing

spectacles is about seeing clearly and comfortably - not just appearance.

"There is a huge range of spectacles on the market today so it should be easy to find something to suit everyone."

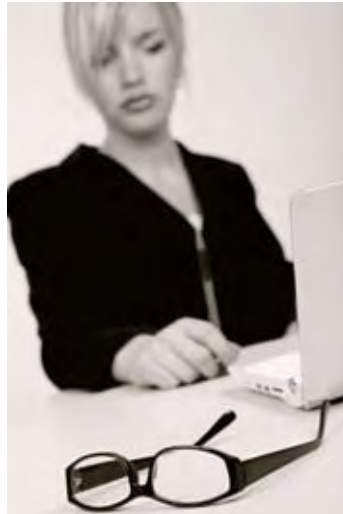
Psychology professor Cary Cooper, from Lancaster University said some people may have more self confidence when they wear glasses.

"It is not surprising that businesses want to employ intelligent staff but the idea that intelligent people wear glasses is an old stereotype that has not gone away.

"It comes from the belief that you develop bad eyesight by reading a lot and that reading makes you more intelligent.

"In fact, glasses are a poor indication of intelligence because you can have bad eyesight for a number of reasons and then choose to wear contact lenses.

"It is possible that some people have more self confidence and change their behaviour when they put on glasses, which could in itself improve their chances at interview."



I DON'T LIKE TUESDAYS



You may find Monday mornings difficult to face but researchers have found that it's Tuesdays that people dread most. Workers surveyed said they coast through Monday getting their brain in gear, catching up with gossip from the weekend and discussing TV shows they've watched

Half of British employees pin-pointed mid-morning on Tuesday as their 'stress peak' - when their workload becomes too much and they start to crumble under the pressure.

Recruitment agency Michael Page carried out the research of 3,000 British workers, aged between 18 and 45, that quizzed respondents about their level of stress throughout the typical working week.

A spokesman for Michael Page said: "It seems our jobs are the biggest cause of stress in our lives - even little things like the computer freezing - is enough to get us worked up.

"Whether we feel over-worked, are neck deep in paper or just battling a to-do list which seems never-ending, we are all in agreement when we hit our melting point.

"It's worrying such a large number of us are under so much pressure from bosses and there not being enough hours in the day that we go home and have an alcoholic drink to recover.

"But it is encouraging to see we are taking steps to improve our working lives, with people making it a New Year's resolution to get out of their current job."

MIND THE WIRE

Residents in Kent and Surrey villages have been ordered by police to remove wire mesh from their windows, as burglars could be injured.

A recent spate of thefts led to many householders taking action to protect their property. But some have been warned by police that using wire mesh to reinforce shed windows was “dangerous” and could lead to criminals claiming compensation if they “hurt themselves”.

Thomas Cooper, of Tatsfield, Surrey, used wire mesh to protect three of his garden sheds after two break-ins over the past four years.

Mr Cooper said: “I reinforced my shed windows with wire mesh, but was told by the police I had to be very careful because thieves can actually sue you if they get hurt.

“It is ridiculous that the law protects them even though they are breaking it.”

Pc John Lee, a crime reduction officer for Surrey police, said: “We are constantly advising home owners to protect their property and the contents of their shed or garage, however, a commonsense approach needs to be taken.

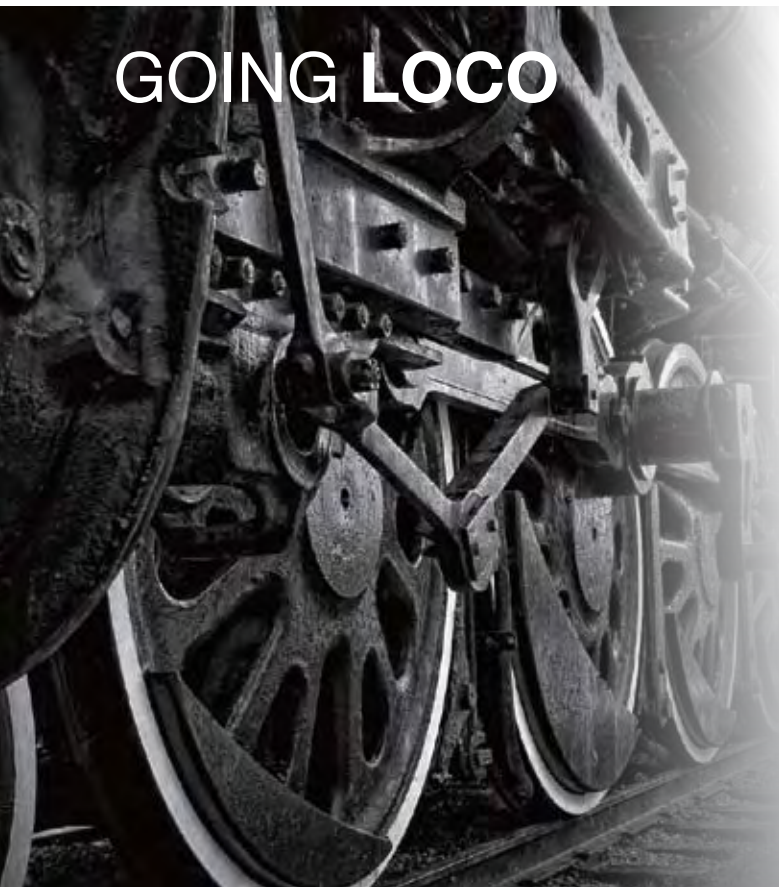


“To properly secure your sheds, Surrey Police strongly advises people to invest in items such as good-quality locks and bolts, and not to resort to homemade devices, as this could cause injury.”

A police source added: “Homemade devices can cause injury and there have been cases where criminals have sued for injuries they have suffered while committing a criminal act.

“We are advising people to do whatever they can to protect their property, but wire mesh is not one of the suggestions we would make.”

GOING LOCO



According to the Daily Mirror, hundreds of commuters were left fuming after a train driver refused to work – because his seat was damp.

Officials from Southeast trains admitted that the driver’s seat had become wet when the train passed through a train-wash and the driver categorically refused to take to his seat after finding out it was soaked through.

The driver on the Southeastern train, from Hastings in East Sussex to London, categorically refused to take to his seat after finding out it was soaked through.

Instead of putting a jacket over the wet patch the driver walked off – leaving hundreds of commuters to wait another 30 minutes to get to work.

Commuter Alistair McLuskie said: “It’s an absolute joke. I wouldn’t normally complain if the train is just a bit delayed, but this was unbelievable.

“It’s just another thing in a long list of Southeastern’s failures.

“We’re supposed to be living in the 21st century, not the 19th century.”

Lionel Shields, the secretary of the Tonbridge Line Commuters – a voluntary group set up to protect the welfare of passengers – said the company’s actions were ‘farical’. He said:

“One would have thought that there were procedures to follow in all such circumstances.

“Cancelling a train has rather a serious effect on commuters’ journeys. One would hope the rail company is penalised in some way for the draconian course of action.”

THE AGE OF HAPPINESS

A recent report by Engage Mutual reveals that the key to happiness lies in having good health; having time to enjoy life; and being in a relatively good financial position.

According to the report, 40% of those aged fifty and above claim they are now more content with their lives than ever before.

More than 40% of over 50s claim they are comfortable with the size and shape of their bodies, and happy with what they have achieved so far in life.

Other factors contributing to the 'age of happiness' include being in a strong relationship, having paid off the mortgage, and the children being happy and content with their lives.

Karl Elliott, marketing director at Engage Mutual, which conducted the poll of 1,479 adults, aged 50 and over, said:

"It is heartening that so many are finding that being in your fifties can be the most rewarding time of your life. With increased life expectancy, being 50 is considered to be relatively young these days.

"And if people have been able to maintain a healthy lifestyle, and plan their finances, they may start to feel the benefit of their efforts in these years.

"With many 50 year olds working, household finances can start to look a bit healthier. There may be a bit of spare cash to spend on holidays and hobbies, rather than working solely to pay bills, debts and the mortgage."

The report reveals 52% are relishing the fact they have more time on their hands. More than a fifth enjoy a great social life, and can rely on a good circle of friends.

And according to research by the over-50s group, Saga, which surveyed 35,000 Britons, almost two in three of those over 50 who were questioned were 'satisfied' with their health compared to a third of those under 50.

Age also appears to bring personal confidence and security. More people in the older age group were happy with their appearance and 69% were satisfied with their relationship with their partner compared to 65% in the under-50s group.



BIG FREEZE

Thousands of dead crabs have washed up along the Kent coast, with environmental experts believing the cold weather in Britain is to blame.

The Velvet swimming crabs - also called devil crabs - are thought to be victims of Britain's coldest December in 120 years, which left sea temperatures much lower than average.

More than 40,000 of the crabs - Britain's largest swimming crab - were found strewn along the beaches around Thanet, along with dead starfish and anemones.

Coastal warden Tony Sykes said: "We suspect that climate change and warmer weather has lured the crabs towards the shoreline."

"They could also be attracted to these waters looking for kelp, to feed on."

"We believe the sudden temperature drop causes the crabs to suffer from hypothermia and die."

According to the BBC, it is the second year that icy temperatures have killed off the sea creatures in such large numbers.