



Pass on Pop

"If you drink too much pop, your teeth are going to fall out," is exactly what your mom used to say when you asked if it was OK to have another can of root beer – which may or may not have been your fifth of the day. Sure, you were 12 years old at the time and if it were up to you, your entire diet would have consisted of Domino's, Doritos and anything that fizzes in your

mouth, but it seems that mom always knew best.

Moms today have an even greater reason to keep their kids from sucking back pop – not only does it greatly increase your risk of getting cavities, new research is claiming it can have much more of a serious impact on your overall well-being. According to a new study from the University of Minnesota, people who

drink more than two cans of regular pop a week double their chances of getting cancer of the pancreas, as opposed to those who drink no soda at all.

Researchers monitored the pop consumption habits of some 60,000 people in Singapore who were 14 years of age or older, and the results were shocking. Those who were regular pop drinkers were found to be 87 percent more

likely to develop the deadly disease, in comparison to those who were not.

In the 1980s, Canadian rocker Kim Mitchell dominated the airwaves, singing, "Might as well go for a soda, nobody hurts and nobody cries." Kim Mitchell was lying to us all along.

Orange Alert

You know the girl who always looks a little too tanned, though it's the middle of February and she hasn't been down south since hitting Daytona for Spring Break in 2007? It's not even a tan really, more of an orange coating that's vaguely similar to the colour of your old Rawlings baseball glove. Well, though she might look healthy and attractive, there's a good chance she's also addicted to the way fake and baking makes her feel, putting herself at serious risk at the same time.

That warm, relaxed feeling you experience while in a tanning bed – not to mention the extra pep in your step you enjoy once you get out – may be addictive. Some experts even crudely refer to it as 'tanorexia' but it's no joking matter. Tanning-bed use, especially by those under 30, has been linked to skin cancer.

A study initially conducted by Wake Forest University in 2006 revealed some damning evidence against tanning beds, but it has not helped curtail the tanning business one bit. Unfortunately, that's not surprising when you consider researchers say the

process of tanning is almost like getting high. When the sensation of UV rays hitting your skin coincides with the dream-like state a 15-minute tanning session can induce, it sends a rush of endorphins surging through your brain.

The Canadian Dermatology Association is currently lobbying the government and reaching out to the public with a multi-platform campaign to prohibit tanning-bed usage by anyone under the age of 18. If you're still hell bent on being tanned, maybe it's a good idea to step away from the tanning bed and go the spray-tan route instead.



Global Warning

The next time a European friend or relative makes a crack about overweight, lazy North Americans, don't just shrug your shoulders and meekly agree; tell the smug bastards that the rest of the world is matching our prodigious laziness, especially when it comes to watching TV or surfing the Internet.

The World Health Organization's Regina Guthold says most children around the globe aren't getting enough exercise, regardless of the economic might of the country in which they live. "With regards

to physical activity levels, we did not find much of a difference between kids in poor and rich countries," Guthold told Reuters.

In a study of more than 70,000 kids aged 13 to 15

from 34 different nations, statistics showed that just 25 percent of boys and only 15 percent of girls were getting a sufficient amount of physical exercise. Moreover, nearly one third of the world's

children spend at least three hours a day watching TV or using the Internet. And if the kids even know about Twitter in Tanzania, I bet they're following Justin Bieber, too.





Crashed Test Dummy

There's horny (you just finished watching a dirty movie), really horny (you were just released from a two-years-less-a-day prison sentence), and crazy horny (you just agreed to have sex with

a girl who you suspect might have a sexually transmitted disease, and who also refused to get tested for said disease when you asked her to go to the clinic last week). Unfortunately, a new poll has revealed there are a scary number of crazy horny people out there.

When STD Test Express – which is a service dedicated to educating and testing people for sexually transmitted diseases – announced the results of its annual

survey of sexually active Americans, the results were shocking. One in three claimed they would still engage in sexual intercourse with someone who refused to take an STD test after being asked, even though they admitted it was wrong. In fact, some 20 percent claimed they would engage in potentially life-threatening sexual behaviour even though they “knew better.”

And while seven out of ten women reported they wouldn't have sex with a partner if they refused to get an STD test, only half of the guys polled said they would do the same. It's one thing for a guy to want sex all the time, but this is ridiculous. Get tested. Use protection. Live long and prosper.

* Fact or Fiction *Four in ten Canadians would choose bacon over sex*

There's the sizzle. According to a national survey sponsored by Maple Leaf Foods that asked Canadians to choose between bacon and sex, 43 percent of Canadians claimed they would choose bacon. For shame – first you have the sex, then you eat the bacon.

Public Service

Over its 143-year history, Canada has quietly crafted an image of being a polite, accommodating and somewhat boring nation. But after a Toronto restaurant launched a cheeky Valentine's Day promotion that quickly went viral, that image was radically updated.

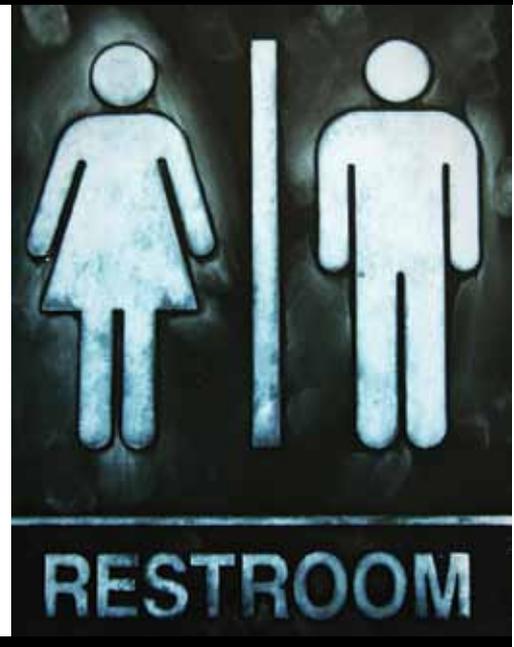
In February, the popular Mildred's Temple Restaurant hinted on its website that patrons might consider getting it on in its unisex bathrooms. A non-too-cryptic message

asked: “Have you given any thought to moving beyond the bedroom? Check out Mildred's Sexy Bathrooms throughout the weekend of Big Love. You get the picture.”

While it turns out that Mildred's proprietors were only having a bit of fun and didn't intend for anyone to take the offer seriously, the restaurant was fully booked on Valentine's Day. Moreover, reports of the promotion quickly spread around the world. Jay Leno even joked about it on one of his shows, proving once

and for all that if you want to be famous (or infamous), public sex seals the deal.

So if you're looking for a sure-fire way to make the evening news this summer, try having sex in one of the hotel rooms that faces out onto the field at the Rogers Centre during a Blue Jays game. The last time a couple tried it was in the early '90s when the Jays were poised to win back-to-back World Series. With the team projected to win about 70 games this year, it will likely be the best showing fans enjoy all season.



Colour Me Bad

A new product out of California is claiming it can help a man know exactly when his girlfriend is in the mood for sex. The makers of Mood Swing Emotionally Activated Lip Gloss say that when

a woman who's wearing it is feeling randy, her lips turn a deep shade of red. Apparently the gloss reacts to 'body chemistry' and changes hue based on how she's feeling.

Coincidentally, a man's cheeks have also been known to turn red when he's turned on – but that's usually because he's out in public (on the subway, giving an important presentation, jogging) and someone just spotted his ill-timed erection.

BULLETIN *Mind*



The Kids Aren't Alright

As children grow up with newer and more powerful forms of technology perpetually at arm's length – at home, in the classroom or when they're socializing with friends – the jobs of teachers get infinitely more difficult. And it's not just because cheating on assignments is easier than ever. A lack of grammar-based curriculum and an abundance of texting and Twitter-talk have many kids woefully ill-equipped for post-secondary schooling.

According to a recent report, an unprecedented number of college and university students can't write at a post-secondary level. Waterloo University in Ontario now asks that its applicants take an English language exam and 30 percent are consistently failing. That figure has risen by five percent in the past couple of years, a period coinciding with an explosion in smartphone and social-media use. To

wit: a Toronto Life article written by a teacher at Ryerson University in 2009 illustrates the point nicely. An increasing number of his students were handing in essays with phrases like 'LOL' and '411' in them. One student even made reference to the 'Gr8 Wall of China'. Egad.

Language is constantly changing, and it's an evolution no-one can wilfully stop. But that doesn't mean sound writing skills aren't as important as ever. If you're a high school student preparing for university, you might want to consider bypassing that elective in curling and brush up on your grammar instead.



Hardcore LOGO

It's long been accepted that certain stimuli in our immediate environment will trigger automatic responses in our brains. For all our evolution and progression into communities of civilized people, humans are still largely instinctive animals. Before we have time to rationalize many of the things we see, our minds are often already made up.

According to a new report by professors at the University of Toronto's Rotman School of Management, simply spying a fast-food logo out of the corner of your eye can subconsciously get you to speed up whatever it is you're doing. People who glimpse fast-food logos are immediately reminded of the need to save time, says one of the report's

authors, Chen-Bo Zhong, a professor of organizational behaviour at the school. Three separate experiments showed that people became impatient after seeing fast-food logos. "It's the goals that you associate with these symbols," says Zhong. "They really are a prevalent part of our culture that (remind us) we need to be time-efficient."

In a series of tests, subjects consistently chose time-saving options after being exposed to quick flashes of fast-food logos, while others who did not see the logos chose differently. Clearly, something was triggered inside their brains

reminding them that in the new and improved modern world you don't have to wait for anything. With email, text messaging and Twitter, everything is always just a moment away...just like the next Tim Horton's outlet.



Kick the Habit

You know junk food is bad for you, but you eat it anyway because you can't help yourself. Besides, it's not like you're shooting up heroin or freebasing cocaine – it's just a harmless bag of Ding-Dongs, right?

Not so fast – a new study in the journal Nature Neuroscience claims that fat-laden, calorific junk food can trigger addict-like activity in the brain.

In the study, lab rats were plied with copious amounts of fatty, calorie-rich foods like chocolate bars, cheesecake and bacon, and they soon developed a dependency on the junk treats to keep them in good spirits. Not surprisingly, they chose not to eat any of the healthy foods that were offered to them. While rats have never been known for their finicky tastes, it seems the high-calorie foods turned them into compulsive eaters. The overweight rats also

showed lowered levels of a particular dopamine receptor, which, similarly, are common in drug-addicted people.

Obesity isn't the sole result of binge eating, as many factors can lead to a person gaining a lot of weight, but it's not doing you any favours either. Bottom line – if you eat healthier foods in smaller portions and mix in a good amount of exercise, you will lose weight.

Man-poca.lypse Now

To borrow from a long-running Sports Illustrated department, here are three signs the man-pocalypse is upon us:

In some of the spring fashion shows in Europe, men strutted down the runway wearing something called 'mantlyhose'. Yes, they're almost exactly like women's pantyhose, but they're for men, to be worn under ripped jeans or long shorts. Maybe they're really comfortable and cosy, like long johns without the bulk, but if designers want 'hose for him' to take off in North America, next year's line better boast imagery of something manly, like skulls, or maybe the logo of the San Francisco 49ers.

If you thought the modern man wasn't emasculated enough, more and more guys have been seen

wearing high heels as well. And these are not exclusively short guys looking for a little lift or cross-dressers trying to pass as women; many are just dudes who are really into fashion. Think it's a joke – take it up with the lads over at heels4men.org, an online community with (at last check) 918 members. There's no word if Prince is among the membership, but if he is, you can bet his heels rock harder than anyone else's.

Finally, in case you missed it, a man got pregnant in 2008 and gave birth to a child. OK, so he was technically a transgender person (born with all the right female bits) who lives as a man and is married to a woman, but he still made Oprah cry when he and his wife appeared on her show to talk about the unusual pregnancy.



Nothing says summer like pulling your favourite vintage tee out of the closet for the first time all year and wearing it proudly, sans jacket. Those first steps out of your front door always feel so liberating. For months, old man winter forced you to cover up, but goddamn it, like right wing Republicans your right to, err, bare arms is paramount when the weather turns and nobody's going to stop you.

Luckily, you've got many options to choose from. Whether it's a designer look from Europe or a glorious find from the dollar rack at Value Village, great tee shirts come in all forms. In fact, the vintage tee may be the most versatile garment you have. If it's a 50/50 poly-cotton blend like the ones you'll find at American Apparel, you can wear it with a fitted suit, instead of a boring button

down, or throw it over top of some nice, casual pants. It goes perfectly with your favourite pair of jeans, too.

To really stand out, don't be afraid to wear some colour or a shirt in a crazy print, but please, do yourself a favour and leave the ironic statement tee at home. Those girls aren't laughing because they think you really are a Certified Beaver Handler.

Flip Flop

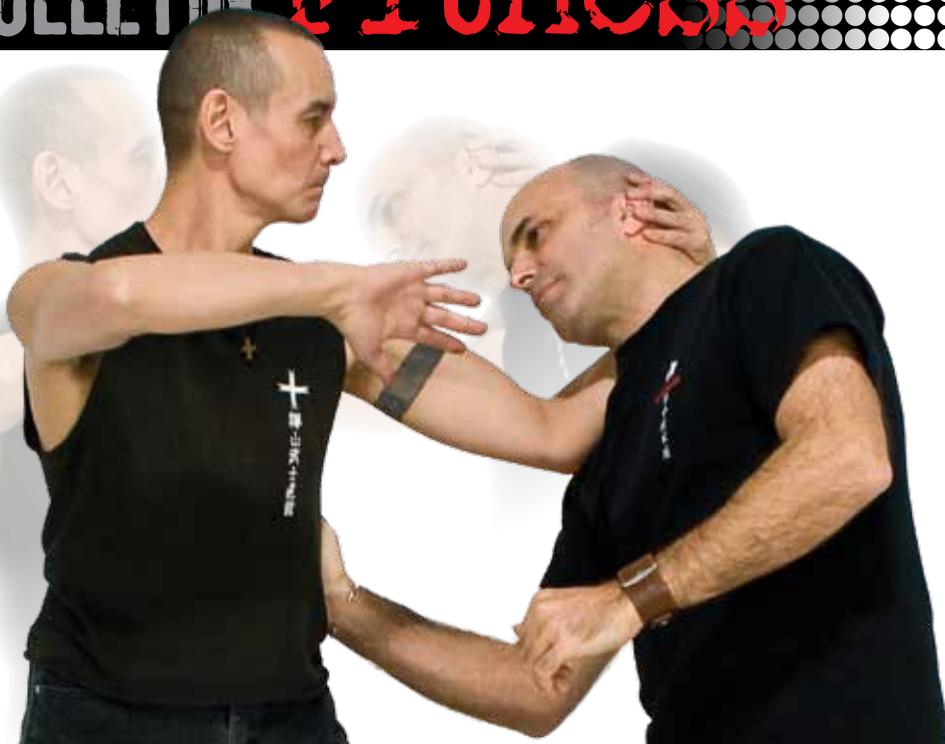
Every guy needs a good pair of flip-flops, because let's face it, do you really want to be that guy who's wearing running shoes and white socks up to his knees at the beach?

Perfect for drinking beers on the dock at your cottage, walking your dog or for wearing home after your slo-pitch game, sporting flip flops is one of the true joys of summer.

Just don't wear them to your office, even if it is casual Friday. I know you'd rather wear flip flops over any other kind of footwear known to man, that doesn't mean the rest of us want to gaze at your gnarled, hideous feet all day. Even Captain Stubbing from the Love Boat knew enough to never wear flip-flops when he was on the job. Leave the leisure wear for leisure time.



BULLETIN Fitness



harder for somebody to hit you. I've taught Jeet Kune Do to people with spinal injuries and in wheelchairs. Anyone can do it.

UMM: It's a striking system, but there's Judo in it as well. Can you break it down for me?

MK: We fight in every range. Be it close quarter, head to head, toe to toe or longer range, even weapons range or projectile weapons, the neat thing is the same principles apply. The same leverage we use to swing a strike is the same leverage we use to swing a body. The same targets apply when you're lying on the ground or standing.

The tradition of martial arts is to survive, in any way possible and under any conditions possible. By using common denominators, common structures and principles, root motions, we can overlap these ranges seamlessly, without the mental hiccups some of the modern MMA practitioners suffer from. It's not just cross training, but integrating. We don't fight one way when we're kicking, and then change it completely when we're lying on the ground. Fighting is fighting.

UMM: People often debate whether Bruce Lee could beat UFC fighters like Anderson Silva or Brock Lesnar. What do you think?

MK: I think it would be a bit like the early UFCs when there were no weight classes and Horce Gracie dominated them all. But Bruce would do it a bit quicker.

Way of the Intercepting Fist

Want to learn how to defend yourself while developing a deeper understanding of the world around you? Take a class with Makoto Kabayama, who's about as authoritative a martial artist as you'll find. Highly skilled in the Jeet Kune Do hybrid fighting system that the late Bruce Lee invented, Kabayama trained with many of The Dragon's compatriots to master this art, which favours fluidity and creativity over fixed, patterned movements. And, if that's not reason enough, he's also a direct descendant of a family of samurai warriors.

Kabayama currently appears on the new Men TV show *City Commando*, but UMM caught up with him to talk about the legendary self-defence system that's known as the 'style without style'.

UMM: How did you get into Jeet Kune Do?

MK: While studying traditional Japanese martial arts as well as some jiu-jitsu, I became disheartened with what I was finding. There were limitations in both attitudes and styles; so many biases and archaic training methodologies. I was looking for a traditional system that was functional as well as philosophical.

In 1984, I stumbled across Jeet Kune Do concepts, and funnily enough, I wasn't a big Bruce Lee fan. Most of the instructors I spoke to also said what he was doing was just movie stuff. But the more I read about his philosophy, attitude and teachings, it sounded like the traditional warrior mentality of the past. Just absorb what's useful, disregard what's useless and learn without prejudice.

UMM: Is watching a show like *City Commando** – which portrays dramatized

situations where someone's safety is threatened, and how that person can get out of it – a good way to get people familiar with studying martial arts?

MK: You don't have to be a UFC-calibre athlete to defend yourself. There are a few basic principles to follow. The show is a good introduction to martial arts, but the beauty of a holistic martial art is regardless of someone's impetus for starting training, they soon become inspired to learn in other areas. There's no prejudice with learning Jeet Kune Do. You're always sharing and you learn to revel in the learning process. You're continually emptying your cup and refilling it.

UMM: What makes Jeet Kune Do such an effective tool for self defence?

MK: The basic underlying principles and concepts that govern our actions are simple.

They're functional, scientifically sound, mathematical equations like mass times speed squared. It all makes sense. The structures we use are pretty much the strongest structures the body can take in an actual manner. There's no difference in the way a sprinter or pro lineman takes off – on their toes, knees bent – from when you're running for your life away from somebody, or through somebody.

UMM: This simplicity you talk about, does it mean it's easy to learn?

MK: What I show you when I'm teaching, you can use, to some effectiveness, that day. How well you use it, and how far you go with it, is almost limitless. But right from the get go, just in the way you're standing, I can make it

* For more info about this new program, check out citycommando.com