

the simple list

Your monthly dose of useful tidbits, timely trivia,
and catchy conversation starters

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How many grams of fiber women should eat per day (most consume only about half that). Get your fill and drop some weight with *The Carb-Lovers Diet* (Oxmoor, \$25), coauthored by *Health* editor-in-chief Ellen Kunes. With simple meal plans and 75 recipes, this diet may be the best thing since sliced (whole-wheat) bread. (*Health* is a sister publication of *Real Simple*.)

90



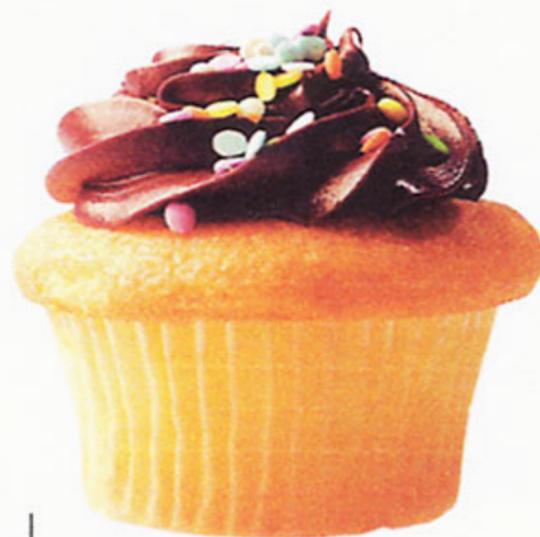
THE NUMBER OF YEARS SINCE WOMEN GAINED THE RIGHT TO VOTE. On Women's Equality Day, August 26, check out the online archives of the Sewall Belmont House (sewallbelmont.org), which served as a headquarters of the suffragist movement and now hosts the desk where Susan B. Anthony wrote the 19th Amendment. Take a virtual stroll through its artifacts, including banners from picketings of the White House, political cartoons, and more. You can even make a donation in honor of an inspiring woman in your life. No doubt there are plenty.

25,000 MILES PER HOUR

The speed an object must fly to escape the earth's gravitational pull. In her out-of-this-world read *Packing for Mars* (W. W. Norton, \$26), author Mary Roach talks to astronauts, scientists, and NASA experts to find out what zero-gravity life is like and the extremes that men and women must endure. (Go ahead—you try to sleep while standing up.)

29

The average number of hours that American adults spend online each month. If all that time and exposure to flashing graphics and advertisements is making you dizzy, head to readability.com. Select your preferred font size and margins, then with the click of a button, the program clears up the page and converts it into an easy-to-read alternative.



9%

THE PORTION OF THE U.S. POPULATION WITH A BIRTHDAY IN AUGUST, typically the highest for any month. If you have a kid's bash to plan, head to echoage.com, where you can pick an online invitation and one of 10 charities. As guests RSVP, they have the option of donating money, half of which goes to the charity and half to you to buy a gift for the child. (The site takes a 15 percent service fee.)

5

All the minutes of outdoor activity a day that you need to improve your mood—and your self-esteem—according to a new study by researchers at the University of Essex, in England. The study also found that for the greatest mental-health benefits, you should plant yourself next to a body of water, like a river or a lake. (Sorry, kiddie pools don't count.)