

# Surf 'N Stuff 'N Tips

## HEALTH INFORMATION SITES:

<http://www.HealthAtoZ.com>  
<http://www.yahoo.com/health>  
<http://www.webmd.com>  
<http://www.healthcentral.com/>

## FREE PATIENT INFORMATION:

<http://www.cancer.org> American Cancer Society  
<http://www.hms.harvard.edu/resources/ceeap/guest>  
Click Clinical Aids  
<http://sis.nlm.nih.gov/hotlines/subserch.html>  
Health Hotline  
<http://www.4woman.gov> National Woman's Health  
Information Center  
<http://www.healthfinder.gov> Consumer health infor  
mation  
<http://www.quackwatch.org/> Huge guide to health  
fraud  
<http://www.junkscience.com/> All the junk that's fit to  
debunk

## ALTERNATIVE MEDICINE

<http://www.drweil.com/> Dr Andrew Weil  
<http://www.naturaldatabase.com>  
<http://www.nccam.nih.gov> Natl Center for Com  
plementary and Alternative Medicine

## FIREWALLS

Test your firewall on the Internet. There are two sites that will probe your firewall for weaknesses. A good firewall will make your computer invisible.

The two sites are **ShieldsUp!** and **Broadband's Scan**. You'll find them at, respectively:

<http://grc.com/x/ne.dll?rh1dkyd2>

<http://www.dslreports.com/scan>

## VALUED CUSTOMER

Here's an easy way of saving dough at the grocery store. Instead of clipping coupons from the Sunday paper, do it online.

Enter your ZIP code. You'll find a list of grocery stores that participate in the program. Click on your favorite grocery store, pick the coupons you want and print out the page. Present the list at check out and count your savings!

**TO VISIT THIS SITE, GO HERE:**

<http://www.valupage.com/Entry.pst>

## **SO YOU THINK YOU KNOW EVERYTHING?**

**A dime has 118 ridges around the edge.**

**A cat has 32 muscles in each ear.**

**A crocodile cannot stick out its tongue, a dragonfly has a life span of 24 hours and a goldfish has a memory span of three seconds.**

**A "jiffy" is an actual unit of time for 1/100th of a second.**

**A shark is the only fish that can blink with both eyes, a snail can sleep for three years and butterflies taste with their feet.**

**Al Capone's business card said he was a used furniture dealer.**

**Leonardo DaVinci invented the scissors and Rubber bands last longer when refrigerated.**

**All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.**

**On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.**