

The Colour Blue

Everyone has a favourite colour. We usually like it throughout our lives. A new study found the most common favourite colour is blue. The BBC looked at why people like one colour more than another. They found two things. One was that people around the world like the colour blue most. The other finding was that we change the colours we like as we get older. Our experiences in life also change the way we feel about colour. People often like darker colours as they get older. The studies showed that dark yellowish-brown was the world's least liked colour.

The BBC found that blue has been a favourite since research on colour began in the 1800s. Most people's experiences of blue are positive. Many colours in nature are blue, especially a blue sky, the sea and flowers. A blue sky makes many people very happy. The researchers say one of the only negative associations with blue was in the English language. In English, people say they "have the blues" or are "feeling blue". This means they feel sad. One factor in having a favourite colour is sport. Many people like the colour of their favourite sports team.

Late-night Eating

We all know eating late is bad for us. A new study says it could make us sick. Researchers say that eating before bedtime increases the risk of obesity. The researchers are linked to Harvard Medical School in the USA. They looked into why eating late increased the risk of putting on weight. They found that eating late doubles our feeling of hunger, so we eat more. When we eat earlier, we are less hungry, so we eat less food. Later eaters also eat unhealthier food, especially fast food. They also move around less before sleeping. This means they do not burn off calories.

The study was a small one. Researchers looked at the eating habits of 16 people between the ages of 25 and 59. They all had a high body mass index (BMI). They were all overweight or obese. However, they were in good health. They ate breakfast regularly and exercised a little. Before each test, they did not drink coffee or alcohol, and they did not smoke or take medicine or drugs. They kept a sleep diary so researchers knew their sleeping times. A researcher said: "I think what the study is telling us is that it probably really is beneficial to stop eating late into the night."

Dog Tears

A saying in English says a dog is man's best friend. Dogs and humans have shared close relationships for thousands of years. Scientists believe the bond between humans and dogs is deeper than we thought. They found that dogs cry with joy when they see their owner after a period of absence. The scientists did a small study on 22 dogs. They tested the behaviour of the dogs. They looked at how the dogs reacted when they were reunited with their owners, and with other people they saw every day. The scientists said that when the dogs saw their owners, they cried.

The researchers put strips of paper under the dogs' eyes. They used the paper to check if the dogs cried. The scientists found that when dogs saw their owners after five to seven hours of separation, they shed tears. A researcher said he had never heard of animals crying tears of joy, when reuniting with their owners. He said: "Tears might play a role in the deepening of mutual relationships." He thinks dogs' tears may make humans love their dogs more. He said: "It's possible that dogs who show teary eyes during human interaction would be cared for more."

Military Service

The world's most popular boy band will soon be in the army. The South Korean pop group BTS are taking a break from music to do two years of military service. South Korea is one of the few countries to require men to do this. All able-bodied men aged between 18 and 28 must serve about two years. This is because technically, South Korea is still at war with North Korea. The two nations didn't sign a peace treaty after the Korean War ended in 1953. A BTS spokesperson said the seven band members wanted to do their duty, and "are honoured to serve".

Many people in Korea do not want BTS to do military service. Many Koreans think the band is a national treasure. In 2020, Korea's government said BTS could delay their military service until they are 30 years old. The oldest member is currently 29. BTS have brought a lot of global attention to Korea. They have also received praise for speaking about mental health issues. South Korea's defence minister said it could be possible for BTS to get together in the army. He said: "There could be a way to give them a chance to practice and perform together."