

Special Feature: A Healthy You

Health sites for men and women on the web.

By Tamar Maor

Welcome to the era of health and fitness. If you're not concerned about what you're eating or how you look, you're certainly an exception in the modern world. Lace up your running shoes and prepare for a jog through the world of health on the web.

For men concerned about looking their finest, a great place to begin is Guyville's (guyville.com) health section. You can choose from three subsections of fitness, hair loss or well being. The fitness section has an extensive guide for exercising various body parts, while the well-being section addresses symptoms, explanations, and treatments for medical conditions. The rest of the site has helpful information on sports, style, work, gadgets, and the ever-important woman.



There are a couple of magazines that maintain articles from previous issues on their web site. *Men's Journal* (mensjournal.com) has a health and fitness section that lists about 25 articles on anything from power toothbrushes to Brazilian jiu-jitsu. *Men's Health* magazine (menshealth.com) also has excerpts from past issues on their site in addition to current articles. The site offers daily tips, contests, news, features and toys and tools that you can use to help you on your way to becoming a fitness guru.



people are now looking for natural alter-

natives to prescription drugs, and Her Health Online provides a helpful guide for current options.

Women.com's health section (women.com/health) is another excellent site. The site manages to cover the topics of medicine, alternative medicine, aging and nutrition with fun tools like a workout planner and virtual spa. Women.com also offers instructions on breast self-exams or a heart-disease risk-assessment procedures.

Are the men that were reading this article getting a little bored? Try heading over to POP! The First Human Male Pregnancy (malepregnancy.com). It's a little hard to determine if Mr. Lee, the man who volunteered to be implanted with an embryo, is in fact real. If true, this site is truly amazing; if not, it's definitely entertaining.

If wacky anti-evolution experiments scare you, get back on track with some general health sites. Set your browser to OnHealth (onhealth.com) where you can find health info for men, women and children. The site has a well-organized index including a library, community chat and shopping for the items they recommend in their articles.



Another broad site is RealAge.com (realage.com). It's oriented more toward traditional medicine: Users get specific health information after answering a questionnaire on a topic (such as "cold and flu"), making the information personalized to your ailment.

Worn out from all this running around finding health-related web sites? Why not try a little stretching and yoga to wind down. •

ACADEMIC

Quickmath

quickmath.com

If you're looking for an easy way to do math homework, this is it. Quickmath.com solves problems for most high school and college courses including algebra, equations, inequalities, calculus and matrices. Plug in a problem (I tried an equation from a college algebra text) and get the answer. Additionally (no pun intended!), the help section is quite extensive.

Content: **B+** Usability: **B**

The Philosophical Gourmet Report

blackwellpublishers.co.uk/Gourmet

This web site is an essential resource for philosophy students considering graduate work. The site ranks grad schools in philosophy based on the opinion of academic philosophers, and further refines this data by ranking schools in each area of philosophy, so you can see exactly where schools stack up in subjects you want to study. The report may be a bit long, but that shouldn't matter if you're planning on spending several years of your life at grad school!

Content: **A-** Usability: **A**

ArtServe

rubens.anu.edu.au

This site is for art history majors looking for anything from online Botticelli pictures to web books on ancient Roman and Greek cities—there are over 130,000 archived images as well as manuscripts, criticism, and historical texts. The material ranges from photographs of ancient Greek art, to modern artists such as Gustav Klimt. Architecture students also can find some historical texts here. The information offered is useful to students interested in all aspects of art history, although the pictures could be larger.

Content: **B+** Usability: **A**

DIVERSITY

Latino

Latino.com

This portal and community site for the Latino community has two parts: Latinolink is a community site that allows Latinos from around the country to meet, chat, and post on message boards. Latino.com is a portal with editorial, news, shopping and advice, all with a Latino emphasis. The site has special sections for education, technology—with links for bilingual tech help—immigration, sports, and music and entertainment. The entire content is available in both Spanish and English.

Content: **B** Usability: **A**