



FIT FOR LIFE

# Look into my eyes

Carol Westmorland fires her window cleaner (temporarily) then examines the windows to the soul..

With over 15 souls to take care of, there are some jobs around our home that require contracting out and I feel this is one of them. Until, that is, an occasion arose whereby I found myself witnessing the speed at which the job was being done. In my laundry room - set away from the house - I watched quietly and unseen. Frankly, if the laundry room window was anything to go by, I was being had. My edges and the mop and bucket did not meet.

My window cleaner promptly found himself relieved of duty. Believing I could do the job better has thus far proven misguided. I will need to ask him to return, and for forgiveness. Thankfully, he is used to this. It happens periodically.

Windows: they say your eyes are the windows to your soul and a clue to your peccadilloes.

If, like me, you have blue eyes you are considered, in the world of eye colours, to be a new development. This mutation occurred somewhere around the Black Sea coast in a single individual as recently as 10,000 years ago and it is responsible for all blue-eyed people. To have blue eyes the mechanism that produces brown melanin pigment is switched off. Originally we all had brown eyes. Melanin is the pigment that gives eyes their colour.

During this long, hot, summer you may be idly curious, should romance be in the air, to take a closer look into their eyes. So it's shades off to take a peek.



**'LOOKING INTO BROWN EYES? CONSIDER THIS: YOU COULD DRIVE THE COOL BLUE QUITE BONKERS'**

If you are as mad as a box of frogs and could do with some calm in your life with someone dependable, measured in their responses, able to tolerate pain and slightly reserved, then you should be looking for blue eyes.

Looking into brown eyes? Consider this: you could drive the cool blue quite bonkers. Browns are self-assured with drive and determination and could prove to be more of a fit. They have fast responses which could be perfect in a crisis. Although the true blue would be lovely when the pieces of said crisis need put back together.

Beware green. Life would never be dull.

Beauty they say is in the eyes of the beholder - and that may be just as well should one of you be colour blind.

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