



# Toilet Talk

ISSUE 41



## IS THIS YOUR CARD?

Have you ever seen David Blaine tell a random person on the street to select a card in their mind? While that person is thinking of their particular card, David Blaine is allegedly reading their mind and has the card the person is thinking of tattooed on his chest? You may think this is a deceptive and well crafted trick, but according to researchers at the University of California at Berkley they have the ability to decode signals in a key part of the brain to identify images seen by a volunteer.

The tool used by the researching neurologists was a functional magnetic resonance imaging non-invasive scanner, which detects flows of blood within the brain, highlighting which cerebral areas are triggered by light, sound and touch.

Two volunteers looked at 120 pictures of objects, such as horses, trees, buildings and flowers. During this time, the neurologists were building a computational model based on blood flow patterns in three key areas of visual cortex. Each image has a different blood flow, so when the researchers asked the volunteers to imagine a specific image, the computer model was able to match blood flows and predict what image the volunteer was imagining.

Surprisingly, the model had a high success rate, with 92% accuracy with one volunteer and 72% with the other. This number is astonishing considering the odds of the model predicting this by chance is only 0.8%.

-Health 24

## GETTING ENOUGH SLEEP? WARNING...

Americans are getting less sleep while working more, a harmful combination that can cause drowsiness and lower efficiency. It is important to make sleep a priority because feeling tired at work can put jobs, relationships, productivity, health and safety at risk.

Excessive sleepiness can impact your mood and your ability to think clearly. Somewhere between seven to nine hours of sleep per night is the ideal requirement for most adults to feel fully rested.

If you are one of the many people who are short on sleep, try and stick to a regular sleep schedule, including the weekends. Also, do not fall asleep to the television because it does not allow you to get fully recuperative sleep.

-Wellness Weekly



You may think that the risks associated with binge drinking are inflated and only affects you in the form of an awful hangover the next morning. However, consider these facts. Economic costs to society for harmful effects of alcohol are estimated at about \$185 billion annually. Harmful and hazardous drinking is involved in about one-third of suicides, one-half of homicides and one-third of child abuse cases.

Alcohol is frequently a factor in motor vehicle crashes, homicides and suicides.

-CDC

## UPCOMING EVENT: DRUNK DRIVING SIMULATION, DRIVING A DRUNK CAR

On Saturday, April 26th, Health & Counseling Services and MAC is hosting the Pennsylvania Driving Under The Influence Association's (PADUI) drunk driving simulation. This simulation is unlike any other drunk driving simulation. Forget the drunk goggles, forget the computer generated drunk driving images because you have the opportunity to get behind the wheel of the "Safety Bug" and drive on a course in the Science Center parking lot! The Safety Bug is engineered to mimic drunk driving and the delayed reactions that are associated with driving under the influence. But you will actually get in the Safety Bug and drive it through the course and learn how important it is to have a designated driver. More information regarding the Safety Bug is available at <http://www.padui.org/bug.htm>. Be a part of this fun and eye opening experience.