



Toilet Talk

Manchester
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“These Are the Days of Summer”

Some people love the hot weather, not so much for others. Prickly heat, or heat rash, is a common side effect of the summer months. It is characterized by red itchy skin, sometimes with blisters. The blisters come in areas where you most perspire. Although annoying, the rash is not life threatening. There are some ways to relieve the symptoms. The most important thing is to try to avoid perspiring by staying in cool environments. Wear light-weight clothing. Apply cornstarch to the area, and take cool showers/baths. The rash generally disappears after a few days if you try to stay in a cooler environment.

-HealthyLiving

Exercise Scientists Are Making Working Out Easier!

Mouth guards developed by Under Armor and Makkar have improved the stamina of athletes. The performance mouth guards realign the jaw and allow for easier breathing while getting more air into the body. Athletes from the New Orleans Saints and the Yankees have reported better fitness because of the mouth guards. These are not cheap, ranging anywhere from \$500 to \$2,500. The research shows that exercise physiologists are continuing to make strides in improving fitness. -nytimes

Changes in Health Services beginning September 1st.

The nurse will see students **by appointment only**. Due to limited hours she will no longer be accepting walk ins. To schedule an appointment please call 260-982-5306 or ext. 5306. Student health assistants will be available for appointments in addition to their after hours on call.

To reach a student health assistant after 5 pm weekly and all hours on weekends please call 260-901-3123. You may also call Campus Safety at 5999 for assistance.

Watch out for your sweet tooth!

Too much sugar is not only bad for your diet, but it also hinders your immune system. A study found that 100 g of sugar (3 pop cans) significantly decreased the immune system for up to 5 hours after consuming the sugar. The white blood cells are not able to kill off bacteria as effectively while sugar is involved. Take steps to avoid the flu/cold, decrease your sugar intake!

-prevention

First Aid: The Bee Sting

Whether you're gardening or playing some ultimate Frisbee, sometimes there are encounters with little bees. When bees feel they are in danger, they release a smell which attracts other bees to help them. If you have gotten stung, make sure to get away from the bee. Remove the stinger right away. Experts recommend removing the stinger as quickly as possible. Redness, swelling, and pain are common reactions to a sting. Ice can help relieve pain

-firstaid.about

If your body's not right, the rest of your day will go all wrong. Take care of yourself. ~V.L. Allineare