



Stay Well, Manchester College!!

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Toilet Talk

LEFT HANDEDNESS: A RISK TO EVERYONE

It is a tough world for left handed people. While only 10% of the population; left handed people account for 50% of all hospital accidents. Sadly, lefties, things are not looking up. Left handed people have shown a higher incidence of alcoholism, dyslexia, migraines, asthma, hyperactivity, and mental disabilities. -CNN

At the Movies: \$10.00 for a small popcorn, but no lung disease?

Is there anything worse than spending \$8.00 on a movie ticket then spending \$10.00 more for that buttery, delicious theatre popcorn? According to a recent study, seeing a movie in theatres is better than waiting for the DVD release. According to Denver's National Jewish Medical and Research Center, the fumes from the buttery flavoring in microwave popcorn can potentially lead to lung disease. Popcorn fumes have been a health concern for factory workers at the workplace, but there have been a number of cases in which fumes from microwave popcorn has led to lung disease. In one particular case; a man had severe coughing, shortness of breath and inability to completely exhale. The man's condition stabilized after he stopped eating extra butter flavor microwave popcorn.

Another thing to think about: a large movie theatre popcorn carries about 1,700 calories.

Brain Mold: Maybe I should clean my room...

A recent study from Brown University has found a strong link between mold and depression. If you have a dirty, moldy room, it is possible for you to feel out of control, which is linked to depression.

However, researchers theorize that mold accumulated on the brain could be a major medical issue. Mold are toxins, and the toxins can potentially impede the frontal cortex of your brain. The frontal cortex is the region of the brain that controls emotion.

A clean room promotes a healthy life, and can actually improve your mood. The best way to combat mold is not to allow things to pile up on the ground, especially things that are wet. If your carpet is wet, dry it sooner rather than later because bacteria and mold thrive in damp environments.

Stress from classes, friends and so forth can suppress your immune system, making it easy for the mold from your room to enter your body and make you sick. Also, make sure your air vents are clean, because a dirty air vent can send mold into the air, increasing your potential mold problem. -CNN

Recycle! Because your trash will out live you...

You may not realize it, but what you throw away impacts the earth for years after your life. As the human population grows year after year, recycling becomes more and more important to the vitality of our planet. Here is a list of some common litter items and how long it takes for the litter to decompose:

paper	2-4 weeks
a cotton rag	1-5 months
a rope	3-14 months
a wool sock	1 year
a painted wood stake	13 years
a tin can	100 years
plastic soda rings	450 years
a glass bottle	undetermined