



Toilet Talk



Manchester University

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“Live as if you were to die tomorrow. Learn as if you were to live forever.”

~Mahatma Gandhi

Did You Know?

- Your stomach manufactures a new lining every three days to avoid digesting itself
- During your lifetime, you will produce enough saliva to fill two swimming pools
- Facial hair grows faster than any other hair on the body.
- A male has approximately 6.8 liters of blood in the body, while females only have approximately 5 liters.
- Your eyes remains the same size from birth, but your nose and ears never stop growing.
- Sneezes regularly exceed 100 mph.
- If your saliva cannot dissolve something, then you cannot taste it.
- The size of your foot is equal to the distance from the bend in your elbow to the bend in your wrist.

<http://www.nairaland.com/1178211/40-amazing-facts-human-body>

Think Before You Drink!

Alcohol is the most commonly used addictive substance in the United States. Many college students even spend more money on alcohol than on textbooks. Alcohol-related incidents are the #1 killer of teens. April is **National Alcohol Awareness Month** in order to raise awareness about the possible dangers associated with alcohol use.

The younger an individual is when they begin drinking, the more likely they are to develop a problem with alcohol. Alcohol affects every person differently. The amount of alcohol consumed, the time span in which it was consumed, what type of alcohol is being consumed (wine, beer, hard liquor), how much food is in the stomach, and an individual's body weight are all different factors that can affect how alcohol will affect an individual. It also takes about ½ an hour before an individual will feel the effects of alcohol, which can lead to drinking too much too fast.

Being under the influence of alcohol makes an individual more susceptible to make bad decisions or be more easily influenced to do things that they would not normally do. Having a BAC (Blood Alcohol Content) of 0.1 means you are 12 times more likely of being in an accident. If you do find yourself in a situation in which a person is severely intoxicated, remember that the worst thing to do when a person has had too much to drink is to leave them alone or allow them to lie down. Keep them awake and moving and seek medical attention in order to keep them safe. It is always your choice whether you drink or not. If you do decide to drink, know your limits and make sure you understand all the potential consequences that you could be facing.

For more information visit:

<http://www.pbs.org/inthemix/educators/lessons/alcohol1/factsheet.html>

National Volunteer Week

National Volunteer Week is April 12th - 18th and is about inspiring, recognizing, and encouraging people to seek out imaginative ways to engage individuals in their community through volunteering and learning about volunteer opportunities that are available. This week is dedicated to encouraging individuals to take action in their communities and become the center of social change, because everyone can make a difference!

Manchester's Office of Volunteer Services has some volunteer events during this week that anyone can participate in!

- April 12th- Community Dinner at Zion Lutheran Church in North Manchester from 4:15-6:30pm
- April 14th- Blessings in a Backpack at Manchester Elementary from 2-4pm
- April 18th- Blood Drive in the Upper JYSC

There are always volunteer activities available! Contact ovs@manchester.edu for more opportunities or to sign up for the events above. Let's start making a difference!

Brought to you by Wellness Services! ☺

Questions? Comments? Contact us at HealthServices@manchester.edu