



Toilet Talk

Stay Well, Manchester College!



Spring Break!!!

Packing up the car and leaving the cold Indiana weather for the likes of Florida and Mexico? Spring Break is March 21st-29th, and can be an amazing time, especially without the pressure of classes. However, Spring Break can also be dangerous, and you need to be careful...

The first thing you may want to do is spend the day on the beach. Remember that you should use sunscreen, with an SPF of at least 15 whenever you are in the sun. You will also need to reapply sunscreen if you have been in the water or sweating. You should also purchase sunglasses with Ultraviolet (UV) protection. However, the most critical thing about being in the sun all day is the risk of dehydration, heat stress and heat stroke. Make sure you are staying hydrated by drinking plenty of non-carbonated, non-alcoholic beverages. This may include drinking water even if you do not feel thirsty. The risk for dehydration is significantly increased if you are consuming alcoholic beverages.

Speaking of alcohol, nearly 75% of males and 43.6% of females report being intoxicated on a daily basis during spring break. Nearly half of the males and more than 40% of females reported vomiting or passing out as a result of binge drinking, which is the first stage of alcohol poisoning. Binge drinking at the least will lead to a hangover, and at the worst, death. Make sure you are aware of state laws and the ramifications if you should violate those laws. Never allow a stranger to give you a drink, because you have no idea if that stranger placed something in the drink, such as the date rape drug. Keep your drink with you at all times, never set it down without watching it.

According to the University of Wisconsin, few students who had sex during spring break used condoms, even if condoms were available. Women who had a higher rate of alcohol consumption were more likely to participate in unprotected sex and be a victim of sexual assault. Again, binge drinking can lead to you passing out, which could allow someone to take advantage of you. Also, never allow yourself to be taken to an isolated location and never walk anywhere alone; use the buddy system.

Students traveling to Mexico need to be particularly cautious, especially given the rise of violence, kidnappings, sexual assaults and murder; particularly towards the Mexico-U.S. border. U.S. citizens should make every effort to travel on the main road during the daylight hours. Visitors are also encouraged to stay in the well-known tourist areas of the city and avoid wearing jewelry or carrying large amounts of cash. Make sure you do not travel alone, and check with your cellular provider if your phone will work in Mexico.

Spring Break is an opportunity for you to relax and have fun with your friends in the warm weather. However, binge drinking can not only ruin your spring break, but it can also change your life forever. Spring break can be great fun, just remember these safety tips. -About.com

Hot Hot Heat And Bad Bad Headaches?

A new study from the journal of Neurology has found that higher temperatures influence severe headaches. This large-scale study could provide important news, considering almost 90% of women and 70% of men get tension headaches. The study found that the risk for a severe headache rose about 7.5% for each temperature increment of 5 degrees Celsius (about 9 degrees Fahrenheit). The researchers concluded that more research is needed to be done on why exactly a rise in temperature increases the risk for headaches, and noted there are other factors, such as diet, that could cause a headache. -CNN

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YOU CAN ASK FOR A RE-RACK, BUT WHAT YOU MAY GET IS HERPES...

The game of beer pong includes throwing a ping pong ball into a plastic cup. Seems harmless right? According to a recent article in the University of Massachusetts newspaper, beer pong can be nearly as dangerous as unprotected sex with regards to spreading disease. The article links playing beer pong with the spread of herpes, because the game involves multiple people drinking from the same cups, which allows the transfer of the herpes virus via saliva. The herpes virus is up 230% since 2007 in people ages 17 to 21. -University of Massachusetts

I need some money...

Looking for a job? Check out Human Resource's website for what jobs are available and how to apply. The website for Human Resources is available in the college offices' link on the current students page.

LAUGH!

Research has discovered that laughter and joy boost immune functions, especially the production of natural killer cells that help defend the body from illness and cancer. Laughter also increases the release of endorphins in your brain. Joyful people live longer, healthier lives. -Yahoo!

