Your Last Chance to Put your Mark on This!

Smiles Turn Away Colds
Want to stay away from colds? Put on a happy face!
http://www.sciencenewsforkids.org/articles/20061220/Note2.asp

New studies are showing that people who are cheerful and relaxed are less likely to suffer from colds, according to a new study. It’s possible that being upbeat helps the body fight illnesses, say the researchers from Carnegie Mellon University (CMU) in Pittsburgh.

In a previous study, Cohen and his colleagues put cold-causing viruses into the noses of 334 healthy adults. People who tended to be cheerful and lively were least likely to develop sniffles, coughs, and other cold symptoms. People who showed positive feelings were also less likely to mention symptoms to their doctors, even when medical tests detected those symptoms.

The researchers talked to 193 of the participants over the phone every evening for 2 weeks. During the interviews, participants told the researchers about the positive and negative feelings they had experienced that day.

At the end of the interviewing period, people got nose drops that contained either cold or flu viruses. Then, each person stayed in an isolated room for 5 or 6 days.

The results showed that everyone in the study was equally likely to get infected, but their symptoms differed depending on the types of emotions that they had reported over the previous 2 weeks. Among those who reported good moods and had been infected with the flu virus, for example, 28 percent developed coughs and stuffy noses. On the other hand, those symptoms struck 41 percent of people who had been less upbeat.

Scientists argue about whether negative emotions or positive emotions have a stronger impact on how healthy we are. For now, it can’t hurt to look on the bright side more often than not!

-E. Sohn
If you're like most people, you eat it. Maybe you follow the "5-second rule," which claims foods are safe to eat if you pick them up within 5 seconds of dropping them. But you might want to think again. Scientists now say that 5 seconds are all it takes for foods to become contaminated with enough bacteria to make you sick.

Bacteria are single-celled organisms that can cause many kinds of illnesses. Some kinds of bacteria can grow on food. If we eat foods on which these bacteria are growing, we can become sick. Common symptoms include vomiting and diarrhea. One of these food-borne bacteria is *Salmonella*. It makes 1.4 million people sick every year. Earlier in 2007, 370 people became sick after eating peanut butter that had been contaminated with *Salmonella* at the manufacturing plant. *Salmonella* are often found in raw eggs and chicken. Cooking kills these bacteria, which is why it is so important to cook eggs, chicken, and other foods thoroughly.

But how long does it take these bacteria to attach to food? To answer that question, a team of scientists at Clemson University in South Carolina decided to test the 5-second rule, using sandwich ingredients. First, they placed a known amount of *Salmonella* cells on three surfaces: wood, tile, and carpet. They placed a slice of bread and a slice of bologna on each surface for 5, 30, or 60 seconds. After just 5 seconds, both the bread and bologna picked up enough bacteria to make you sick.

So, forget the 5-second rule. If your toast lands on the floor, toss it out. Stick a fresh slice of bread in the toaster. And this time, be careful not to drop it!

—Jennifer Cutraro
HEALTH CAREER OF THE DAY:

**Biostatistician**

Biostatisticians help develop research studies to study patterns of diseases and treatments for diseases. Biostatisticians apply mathematics and statistics to the analysis, and reporting of health-related information.

They must estimate what percentage of a certain population is likely to develop a disease, consider the likelihood of disease transmission, and look at data from clinical trials and studies to determine the best method of intervention. As a biostatistician you may work for a college or a university as well as a biopharmaceutical company.

MAD SCIENTIST CORNER!

**DANCING RAISINS!**

**You Will Need:**
- Baking soda
- Vinegar
- Raisins
- Measuring cup
- Teaspoon
- Two-liter plastic bottle
- Scissors

**What To Do:**
1. Cut off the top of the two-liter plastic bottle.
2. Pour one-and-a-half cups of water into the plastic bottle.
3. Add one heaping teaspoon of baking soda and stir until it is dissolved in the water.
4. Add four to six raisins to the water/baking soda mix in the plastic bottle.
5. SLOWLY add one cup of vinegar into the plastic bottle.

After a couple of minutes, what happens to the raisins?

**What This Means:**

In the plastic bottle, a base (baking soda) and an acid (vinegar) react to form a gas (carbon dioxide). As the gas forms, it adheres to the raisins in the bottle. Once enough gas adheres to a raisin, it will begin to rise to the surface. When it reaches the surface the gas escapes into the air and the raisin sinks. The raisin repeats this process for several hours or until the raisin gets soggy and too heavy to rise to the surface.
Quick Facts

Did you know . . .

- Your fingernails grow four times as fast as your toenails.
- Every month you grow a brand new outer layer of skin.
- In your lifetime you will produce enough spit to fill 2 swimming pools.
- Your dad sweats enough each day to fill up a 6-pack of soda cans...and then some.
- You move over 200 muscles just by blinking one eye.
- You are unable to lick your elbow......(and I know you're going to try! : )

Trivia from:
(www.lehman.cuny.edu/faculty/jfleitas/bandaides/bodies.html)