



Health & Safety



Ditch the watch to enjoy run

New research suggests that when runners leave their watches and fitness trackers at home, they might enjoy their workouts more, according to CNN. Researchers at the National University of Ireland Galway studying the psychology of fitness tracking apps found that some users became obsessed with analyzing their data to compare with others. For these users, workouts became stressful. Instead of runner's high after a long run, users simply felt bad when they saw how they stacked up against other runners. There's a simple solution, though: Leave the smart watch at home.



New study sounds alarm on colorectal cancer

According to a study published in the Journal of the National Cancer Institute, younger colorectal cancer patients are just as likely, if not even more likely, to die from the disease as older people. It's also one of the fastest-growing cancers among people under 50, but researchers don't know why though it remains most common in adults between 65 and 74.

New U.S. screening guidance released in May recommends colorectal cancer screenings begin at age 45, according to Axios.

10 ways to put safety at the top of your holiday list

If you consider winter heating, overloaded electrical circuits and flammable decorations, you'll understand why December is prime time for home fires. Here are some old and new suggestions for a safe holiday season.

1. Look for the fire-resistant label on artificial trees and decorations.
2. Buy a natural tree that is really fresh. It should be very green and have needles that are hard to pull off. A twig shouldn't break when it's bent.
3. For outside decorations, buy only those made specifically for outdoors. Use heavy-duty extension cords and plug them into circuits that have a ground-fault interrupter.
4. Get a remote control to easily turn off lights before you go to sleep or when it snows or rains.
5. Avoid cooking fires by staying in the kitchen when cooking on the stove top.
6. Put candles in heat resistant containers and place them where they can't burn something or get knocked down.
7. Before lighting a fireplace or wood stove, clear the area of tree boughs, paper and other combustibles. Never burn gift wrappings in a fireplace. They could cause a flash fire.
8. Protect small children by keeping decorations out of their reach. Inspect toys for small parts that could cause choking and keep scissors used for wrapping gifts away from children.
9. Be sure to lock doors and windows. Thieves think you have money and valuable gifts in your home. Put indoor and outdoor lights on a timer and leave a radio or television on when you leave the house.
10. If you want to use a portable heater, be sure it is positioned well away from curtains, trees and decorations. Never stack things on top of space heaters.





Fireplace safety:
Where there's soot, there may be fire

Professional chimney sweeps say any soot deposits more than a quarter-inch thick present a fire hazard.

The soot, called creosote, is one of the top reasons for the thousands of fires involving fireplaces each year, according to the National Fire Protection Association. Creosote is flammable and should be cleaned out annually if the fireplace is used regularly. Find a National Chimney Sweep Guild Certified chimney sweep.

* Have a cap installed at the top of the chimney to keep it from becoming blocked by birds, animals or debris.

* Use clean-burning wood. Hardwoods like oak burn cleaner than softer woods like pine. Dried wood burns cleaner than green.

* Follow directions when using manufactured firelogs. Use one at a time. Don't crack or break manufactured logs. This will release energy at a high rate, resulting in a shorter burn time. Firelogs create less creosote than wood.

* Make a fire that fits the fireplace. If it's too big or too hot, it wastes fuel and can crack the chimney.

* If the fireplace has glass doors, leave them open

December Birthplace

Across

- 1. Lingerie item
- 4. Crosswise, on deck
- 9. Necklace of plumeria
- 10. Washing machine cycle
- 11. Polo Grounds legend
- 12. Corners
- 13. Computer whiz
- 15. Word in a simile
- 16. Ship steerers
- 18. Alright
- 20. Votes in
- 23. River in Hades
- 25. Big success
- 26. Big name in Scotch
- 27. ___ bit
- 28. Wintery forecast, perhaps
- 29. Escort's offering

Down

- 1. Soak up
- 2. Neural network
- 3. Goalpost-shaped letter
- 4. Big guns
- 5. Ancient galley
- 6. Chemical suffix
- 7. Floating, perhaps
- 8. Military meal
- 14. Donkey sound

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

- 17. Pronunciation symbol
- 18. Cutlass, e.g.
- 19. Hot to trot
- 21. Bleacher feature
- 22. Stern's opposite
- 24. Wee hour

[Click Here To Peek at Answers](#)

The headline is a clue to the answer in the diagonal.

while burning a firelog to allow air circulation and cleaner burning.

- * Always use a fireplace screen.
- * Keep a fire extinguisher on hand and have smoke detectors throughout the house.
- * Use kindling to start a fire. Never use flammable liquid.
- * When building a fire, place logs at the rear of the fireplace, preferably on a grate.
- * Don't burn anything but wood in the fireplace. Never burn a Christmas tree.
- * Keep the area around the fireplace and chimney clear of flammables.

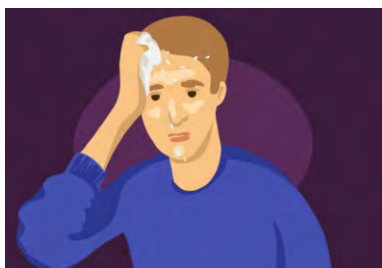


"This is Donald. Donald's a friend. Not a real friend-just a Facebook friend."

The science of sweating: Nature's cooling system

Everybody does it, but we usually try to hide the evidence. Sweating is a normal part of living, an essential function that helps keep us alive. It's satisfying during hot yoga sessions or a long workout, but for the most part, we spend our adult lives trying to hide the evidence with anti-perspirants, dress shields, moisture-wicking fabrics and, for the particularly sweaty among us, Botox injections in the armpits to paralyze sweat glands.

Sweat is more than just something that stains our favorite shirts, according to Sarah Everts in her book *The Joy of Sweat*, published earlier this year. It's a built-in cooling system, a complex network of glands that release fluid, which evaporates from heated skin and produces a cooling effect that lets us go outside on a hot day or enjoy a workout without risking death. And far from being gross and unsightly, sweat is an evolutionary marvel, an adaptation that allowed early humans to disperse into diverse climates and forage for food during daylight hours while many predators retreated to the shade for survival.



And that unpleasant odor that we associate with sweat? Our bodies don't actually create that. Larger sweat glands, such as those in the armpits and groin, secrete sweat with a slightly different molecular profile, with fatty particles that bacteria love to feast on. In turn, the bacteria produces waste that, to human noses, smells like rancid butter and wet dog, among other things, according to Everts.

But even if your armpits are a little ripe, don't kick yourself over it because, as Everts reminds readers, it could be much worse. Some animals spend their days rolling in mud, while others urinate or vomit on themselves to produce a similar, though much less efficient cooling effect.

We're eating too much salt!

American adults consume an average of 3,400 mg of salt per day -- almost 150 percent of the federal government's recommended daily maximum of 2,300 mg per day for people 14 and older. That's about a teaspoon and a half.

In response, the Food and Drug Administration (FDA) has issued new guidelines to encourage food manufacturers, restaurants and food service operations to reduce sodium levels in 163 different food categories. FDA officials hope to bring the average daily maximum down to about 3,000 mg per day -- a meaningful reduction, though still 700 mg above the maximum recommended daily intake.

While some sodium is essential to maintain the proper fluid balance and for nerve and muscle function, too much sodium can lead to major health problems, including kidney and cardiovascular issues. According to Healthline, about 70 percent of our sodium consumption comes from sodium added during

Try yoga as a foundation for healthy habits

Yoga is more popular than ever, and not just among flexible young folks with expensive studio memberships and even pricier workout clothes. Nearly 29 million people in the U.S. alone practiced yoga in 2018, according to Statista, and the growth shows no signs of stopping. And according to Harvard Health, regular yoga practice with its emphasis on the mind-body connection might be a useful tool to protect heart health and reduce certain risks.

According to a review published in the journal *Complementary Therapies in Medicine*, researchers analyzed over 300 studies and found that among individuals with coronary artery disease -- plaque buildup in the arteries -- regular yoga sessions were linked to better blood pressure, improved cholesterol and triglyceride levels, healthier body mass index and better quality of life. The researchers also found evidence that when combined with conventional medical care, yoga might be helpful for people with atrial fibrillation or heart palpitations.

But even if your heart is in perfect working order, you can still reap benefits from regular yoga practice. According to Harvard Health, yoga's effect on sleep can directly impact other health issues, such as obesity and depression. And the emphasis on deep, even breathing can be useful in managing stress, which contributes to a host of health conditions.

Another advantage? Yoga's accessibility. Though you may prefer the community atmosphere of a class, those who like to practice at home can find an endless array of online classes for every style and difficulty level, including people with disabilities, children, seniors and others.



How big is the Pacific Ocean? It is so vast that:

- At its widest point from Indonesia to South America, you could put the diameter of five of our moons across it.
- You could put Mars in the middle of it. The Pacific Ocean is 20 million square km larger than the surface area of Mars.
- Every one of the world's continents could fit in the Pacific basin. (Statistica, Skillshare, Wikipedia, Space.com)

How big is the Africa continent? (Scientific American)

- The continental United States almost fills up the round cap at the top of the African continent. After that you can put in China, Japan, Spain, Portugal, Belgium, Switzerland, the Netherlands, Ireland, the UK, Austria, Part of Eastern Europe, Greece, Italy, Germany, Poland, and France.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Christmas tree lighting NYC	2	3	4
5	6 Hanukkah ends	7 Pearl Harbor Memorial 	8	9	10 Human Rights Week	11
12	13	14 Christmas Bird Count	15	16 Posadas: Mexico	17	18
19	20	21 Winter begins 	22	23	24	25 Christmas
26 Boxing Day	27	28	29	30	31 New Year's Eve	