Student offers health advice

The weather has become cloudy, the days are getting shorter, and fall is slowly enveloping the region. The warm days and cool nights are making for perfect conditions for the development of colds and other infections. Students are being reminded to stay healthy and take precautions to prevent the spread of illness.

“Health is very important to me. I try to eat a well-balanced diet and exercise regularly to stay healthy,” said senior and captain of the women’s soccer team, Sarah Thompson. “I try to prioritize my health and well-being.”

Thompson is not alone in her efforts to maintain good health. Many students are taking steps to stay healthy during the fall season.

Using water bottles can have a variety of positive effects on health. For example, bottled water is often purer than tap water, as it is filtered through a process that removes impurities. This can help reduce the risk of infection and other health problems.

However, there are also potential risks associated with using water bottles. For instance, some water bottles may contain chemicals that leach into the water, potentially harming health.

Therefore, it is important to choose water bottles that are safe and effective. This can be done by selecting bottles that are made from materials that do not leach chemicals into the water.

In conclusion, bottled water can be a healthy and convenient option for staying hydrated during the fall season. However, it is important to choose bottles that are safe and effective to ensure that the water is clean and free from harmful substances.

Nick Corich

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Thursday, October 13, 2005

Health and Fitness

Headphones harm listeners’ hearing

Length of time, decibel level and type of device contribute to damage

Alice Collins

“People need to realize that their iPods can be just as dangerous as a gun,” said Alicia Collins, a sophomore at Truman State University. “If you listen to music really loud, you can actually harm your hearing.”

Sophomore Patrick Rehmke listens to headphones while working on a computer in Quillen Hall. The device has been linked to hearing damage.

The damage from headphones can affect anyone, regardless of age. According to the National Institute on Deafness and Other Communication Disorders, one in five teenagers worldwide is at risk of developing hearing loss.

“We can’t just think of this as a problem for the elderly,” said Collins. “We need to start thinking about it as a problem for the younger generation as well.”

Typical headphones range from 91 to 120 decibels, and those that are at 130 decibels can cause damage within seven to nine decibels, according to Burchett.

“Typical headphones are around 90 dB, and decibels are not a constant level,” said Burchett. “The decibels change depending on the sound frequency.”

Students resorting to their iPods when they are trying to block daily background noise may not realize the potential consequences of their actions.

“Hearing protection is extremely important,” said Burchett. “It’s always a good idea to reduce the volume on your headphones, and it’s especially important when you’re in a loud environment.”

The length of time and the level at which people listen to music contribute to damage. Length of time, decibel level and type of device contribute to damage.

Sophomore Patrick Rehmke listens to headphones while working on a computer in Quillen Hall. The device has been linked to hearing damage.

“Hearing damage is a lot like smoking,” said Collins. “If you do it for a long time, you’ll get addicted.”

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