

Teen troubles

Spending too much time on the internet linked to weight gain

TENAGERS WHO SPEND hours on the Internet may be at risk of gaining unhealthy weight and having high blood pressure, say researchers.

The study found that teens who spent at least 14 hours a week on the Internet had elevated blood pressure.

"Using the Internet is part of our daily life but it should not consume us," said study lead author Andrea Cassidy-Bushrow from Henry Ford Hospital in Detroit, US.

"In our study, teens considered heavy Internet users were on the Internet an average of 25 hours a week," Cassidy-Bushrow pointed out.

Researchers analysed data compiled from 335 teenagers ages 14-17 enrolled in the study.

Participants also completed a 55-question survey of their Internet use during the week leading up to their physical exam.

For their study, researchers defined Internet use as visiting web sites, emailing, instant



messaging, playing games, doing homework, shopping, downloading software and creating or maintaining webpages.

Of 134 teenagers described by researchers as heavy Internet users, 26 had elevated blood pressure.

The researchers also found

that 43 per cent of heavy Internet users were overweight compared to 26 per cent of light Internet users.

"It is important that young people take regular breaks from their computer or smartphone, and engage in some form of physical activity,"

Cassidy-Bushrow said.

"I recommend to parents they limit their children's time at home on the Internet. I think two hours a day, five days a week is good rule of thumb."

The study was published in the *Journal of School Nursing*. IANS

MEMORY MAGIC

Repeating aloud to another person boosts verbal memory



IF YOU WANT to remember a poem or some other lesson, repeating it aloud while addressing another person may be the most effective way to recall it, says a study.

"We knew that repeating aloud was good for memory, but this is the first study to show that if it is done in a context of communication, the effect is greater in terms of information recall," said Victor Boucher from University of Montreal in Canada.

For the study, the researchers asked 44 French-speaking university students to read a series of lexemes on a screen.

During the task, the participants wore headphones that emitted "white noise" to mask their own voices and eliminate auditory feedback.

The participants were submitted to four experimental conditions: repeating in their head, repeating silently while moving their lips, repeating aloud while looking at the screen,

and finally, repeating aloud while addressing someone.

After a distraction task, they were asked to identify the lexemes they recalled having said from a list that included lexemes not used in the test.

The results showed a clear difference when the exercise was performed aloud in the presence of someone else, even though the participants had heard absolutely nothing.

Repeating in one's head without gesturing was the least effective way to recall information.

"The simple fact of articulating without making a sound creates a sensorimotor link that increases our ability to remember, but if it is related to the functionality of speech, we remember even more," Boucher said.

The study will be published in a forthcoming issue of the journal *Consciousness and Cognition*. IANS

ALIGN YOUR LIFE

All about wind chimes

Wind chimes have been an integral part of Feng Shui cures for centuries. Most practitioners recommend using wind chimes, as it is easy to find them and they are also cost effective. The most sought after ones in Feng Shui as a cure are made of metal and have six rods. The basis of Feng Shui is the interplay between five elements – wood, fire, earth, metal and water. These elements can be productive or destructive. Therefore each element can be used to either enhance or deplete one other element. This is the foundation of Feng Shui.

Whenever you have earth energy dominating in the house and you need to reduce it, metal wind chimes are used as an easy cure, as earth produces metal. And so by placing chimes in an earth corner it will help you to weaken the earth element. Ideally it is recommended to place six metal rods on a wind chime as number six denotes metal. The number as well as the element metal ensures that the earth is reduced. Wind chimes are also preferred as a cure in Feng Shui because the pleasant sound also disperses energy within its environment, thereby not allowing any stagnation of unwanted energy. The sound is very pleasant on the ears and the movement of energy within the vicinity of a hung wind chime is felt immediately.

In ancient China, metal wind chimes became an important component of religious rituals when the culture became proficient at metal working around 1,000 B.C. Ritual bells were created and eventually they designed wind chimes that could produce the sound that was needed for the ceremonies.

On the other hand, it wasn't until about 400 B.C. that wind chimes were also found in Japan. The Japanese also practiced a form of Feng Shui that was related to the Shinto religion. In this case the bells and wind chimes were used to summon nature spirits as well as disperse negative energy from a premises.

The difference between Japanese and Chinese wind chimes is that the Chinese ones were usually made of iron, while the Japanese produced a wind chime made of bronze bells called a dokatu that was used to enhance the energy in their temples and gardens.

Whatever may be the use, as long as the beautiful sound of metal wind chimes adorns your ears, the stagnant energy is far far away.

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